

## STATION-TO-STATION FOOD FACTS

Approx. Minutes	Activities	Teacher Materials	Student Materials
10	1. Foods for Dudes	Foods for Dudes Session 4 Cassette Cassette Player	
30	2. Food Facts Stations* Sampling Snacks	Station Materials & Supplies*	TEENS Peer Leader Guide Snacks* TEENS Student Notebook and Folder  TEENS Group File
5	3. Assignments & Scoring		
<b>Total: 45</b>			

\*See the **Materials & Supplies** list at the end of each station.

Set up stations before the class begins. The microwave popcorn for Station #2 needs to be popped *before* the classroom session.

### Activity 1: Foods for Dudes \_\_\_\_\_

- A. Remind the students that their Challenge #1, to eat two low-fat snacks or no-sugar added beverages for two days, is due during the next TEENS session on \_\_\_\_\_.  
Date
  
- B. Tell the students they will now hear another Foods for Dudes radio show. Tell them to clear their desks or tables so they can listen.
  
- C. Play **Foods for Dudes Session #4 Cassette**.
  
- D. Briefly discuss some of the main points on the cassette.

**ASK:**

- What mistake did Donny make regarding the words "Total Fat" on the label of his snack?  
*(The "Total Fat" was the amount of fat in 1 serving, and that was only 6 cruncharoonies, not the whole bag.)*
- Do foods that have little fat in them, also have few calories?  
*(Not necessarily!)*

E. Review the points made on the cassette.

**STATE:**

- Foods have calories.
- Foods with a lot of fat tend to have a lot of calories, but so do foods with a lot of sugar.
- An example of this that Darlene gave was Mountain Dew. It has no fat, but a 12-ounce can has over 100 calories – all from sugar and there are no other nutrients.
- To use another example, apples, bananas, or orange juice don't have any fat, but they do have some calories from fructose - the natural sugar in fruit.
- But these fruits, unlike the pop, also give you Vitamin C and other important nutrients.
- Therefore, you should try to choose your calories wisely by eating foods that are high in nutrients (like fruit, fruit juices, vegetables) and low in fat (like skim milk and whole grains).

## Activity 2: Food Facts Stations \_\_\_\_\_



**Prior to this session, be sure all of the supplies are available for each of the four stations. See the Food Facts Stations – Materials and Supplies list at the end of each station.**

**The microwave popcorn for Station #2 activity will need to be popped ahead of time.**

- A. Emphasize to students that they will now have the opportunity to discover a number of interesting facts about the fat and/or calories in several different foods and beverages.
- B. Remind Peer Leaders that they were assigned stations in their Peer Leader training and tell them to go to their assigned stations. They should bring their Peer Leader Guides to help them.
1. Tell students to turn to **Station-to-Station Food Facts** beginning on **Page 8** of their

notebook, and point out that they will visit each of the four stations listed in their notebook.

2. Explain that the class will do this activity in their small groups, and each group will take turns visiting the four stations that have been set up around the room.
  3. Assign which groups start at which stations, and explain that there will be a Peer Leader at each station to direct the activity.
  4. Emphasize that they only have about **6-7 minutes per station**, so they need to listen carefully to what the Peer Leader says and follow his/her directions.
  5. Demonstrate the "traffic flow" from station to station, with Station 1 participants moving on to Station 2, Station 2 to Station 3, etc., and with Station 4 participants moving to Station 1. Use the station number signs included with the station materials.
- C. Instruct students to take their notebook and a pen or pencil to the station they have been assigned, and start the activity.
1. Time students for approximately 6-7 minutes per station.
  2. Monitor stations as you time the activities to be sure students are participating and moving from station to station correctly.
- D. Discuss any comments or questions students may have after all groups have visited every station, **as time permits**.

### Activity 3: Assignments and Scoring

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- A. Remind students of the snack they tasted at Station #3 and tell them to find that snack on the **Sensational Snacks** list on Page 19 under the **Snacks & Recipes** section of their notebook.
1. Explain that they should evaluate it by filling out their rating of the snack on the **Sensational Snacks** list in their notebook.
  2. Ask for some class reactions to the snack, **as time permits**.
  3. Encourage students to try snacks on this list that they have never eaten and then check off and rate them on this page.

B. Tell students their **assignment** for today is to tell one other person they know, who is not in this class, about some of the surprising information they learned today.

C. Ask Peer Leaders to take out their group's **It All Adds Up Scorecard**.

1. Ask Peer Leaders to record any points in the Session #1,#2, or #3 sections that the members of their group scored for completing their previous assignments.
2. Remind students that they should be completing their Challenge #1 sheets because they will be due in Session 5 on \_\_\_\_\_.  
Date of session
3. Encourage students who have not completed past assignments, or have not returned their Return Card, to do so as soon as possible.
4. Tell Peer Leaders to place any assignments or Return Cards in the appropriate yellow student folders at the back of the Group File.

## Notes & Reminders

- Fast forward the **Foods for Dudes** cassette tape so it will be ready for Session 5.



# STATION #1

## Chip Choices

1. **Tell students:** Turn to Page 8 in your notebooks to find the sheet labeled **Station #1**.
2. Show the students the Ruffles Cheddar and Sour Cream potato chips. Do not show them the label.
3. **Ask one student:** Please reach in the bag and pull out the amount of chips you usually eat for a snack.
4. **Tell student:** Count the number of chips in your usual serving.
5. **Tell the rest of the group:** Now, by looking at how many chips are here, estimate how many chips the rest of you usually eat for a snack, and write that number in #1 on your sheet. For example, if you think you eat about twice this much, double the number.
6. Show students the serving size portion of the label and count out 11 chips. Point out how much fat is in just 11 of the chips. In 11 chips there are 10 grams of fat.
7. **Tell students:** Write in the number of chips in a serving size in #2 on your sheet. Write the amount of fat in a serving in #3 on your sheet.
8. **Tell students:** Figure out how many servings you actually do eat. You can do this in #4 on your sheet. Write down the number of chips you usually eat and divide that by the number of chips that the bag says are in a serving size.
9. **Tell students:** You can find out how much fat you eat when you eat chips by filling in #5 on your sheet. Write down the amount of fat per serving and multiply that number by the number of servings you usually eat. Remember, the average number of fat grams teens need *in a day* is between 66 and 83 grams of fat.

This shows how important it is to look at the serving size. You might think that something is low in fat because it doesn't have very many grams of fat on the label, but you have to look at the serving size and how much you really eat.



## STATION #1

### Chip Choices (Continued)

10. Show the students the bag of Rold Gold Fat Free Pretzels. Do not show them the label.
11. **Ask one student:** Please read the serving size on the pretzel label. How many calories and how much fat is in a serving of pretzels?

**Ask the group:**

Is the serving size for pretzels bigger or smaller than for chips?

Is there more or less fat in a serving of pretzels than in a serving of chips?

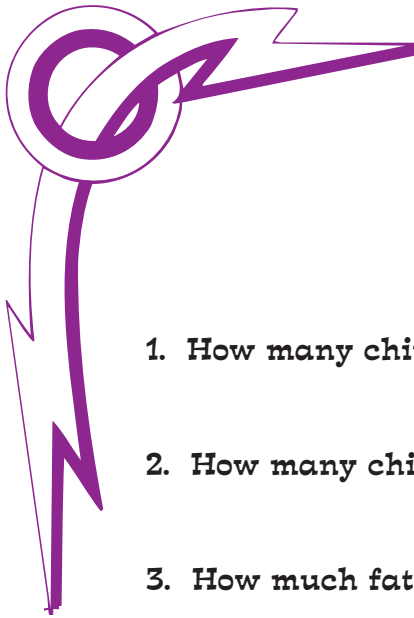
How much less?

12. Show the amount of calories on the label.  
Ask: Why do pretzels have calories if they don't have any fat ?

*Answer: All foods have some calories. The calories in pretzels come from carbohydrates which give your body energy.*

#### Supplies needed:

2 paper plates  
1 bag Ruffles Cheddar and Sour Cream Potato Chips and clip  
1 bag Rold Gold Fat Free Pretzels  
Paper towels or napkins



# Station #1

## Chip Choices

1. How many chips do you usually eat at one time?

2. How many chips are in one serving of chips?

3. How much fat is in one serving of chips?

4. How many servings of chips are you actually eating?

$$\frac{\text{Number of chips you usually eat}}{\text{Number of chips in a serving}} =$$

5. How much fat are you eating when you eat chips?

$$\text{Amount of fat per serving} \times \text{Number of servings you eat} =$$



## STATION #2

### Skip the Chip

1. **Tell students:** Turn to Page 9 in your notebooks and find the sheet for Station #2.
2. Show students the bag of Restaurant Style Tostitos Corn Chips. Do not show the label.
3. Show students the box from the Pop Secret Butter Flavored 94% Fat Free Microwave Popcorn. Do not show them the label.

**Tell the group:** This is the type of popcorn that is in the bowl on the table.

4. **Ask one student:** Please read the question on the sheet.

How many cups of Pop Secret Butter Flavored 94% Fat Free Popcorn have the same amount of fat as six Restaurant Style Tostitos Corn Chips?

5. **Tell students:** Write down your answers on your sheet in the box that says, "My Guess."
6. Ask each person in the group to say their guess.
7. Using the one-cup measuring cup scoop out 18 cups of popcorn into the empty bowl.  
**Tell the group:** It would take 18 cups of popcorn to equal the fat in six of the Tostitos chips. Write "18" in the correct answer box on your sheet.
8. Show the group the label which shows that one serving of the chips is 6 chips and contains 6 grams of fat. One six-cup serving of the popcorn has 2 grams of fat so 18 cups has 6 grams of fat.
9. **Ask one student:** Read the amount of calories per serving on the popcorn label and on the chip label.
10. **Tell the students:** The chips and the popcorn have almost the same amount of calories for one serving, but you get a lot more to eat and less fat if you choose the popcorn.
11. **Ask one student:** Read the Fun Fact at the bottom of your sheet.

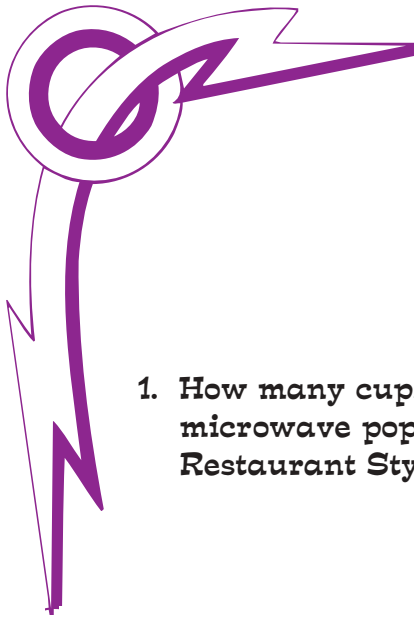


## **STATION #2**

### **Skip the Chip**

#### **Supplies needed:**

- 2 large bowls
- 1 one-cup measuring cup
- 1 bag Restaurant Style Tostitos Corn Chips and clip
- 3 bags of PopSecret Butter-Flavored 94% fat-free microwave popcorn, POPPED.
- Paper shopping bag and clip (to store popcorn)



# Station #2

## Skip the Chip

1. How many cups of Pop Secret Butter-Flavored, 94% Fat-Free microwave popcorn have the same amount of fat as six Restaurant Style Tostitos corn chips?

My Guess:

Correct Answer:

### Fun Fact:

If everything stayed the same and you ate one extra one-ounce bag of potato chips every day for a year, you would eat enough extra calories to gain 17 pounds of body fat!



## STATION # 3

### Sneaky Snacks

1. **Tell students:** Turn to Page 10 in their notebooks to the sheet for Station # 3.
2. **Tell students:** There are many kinds of sweet snacks to choose from at convenience stores. Some of them are very high in fat and others are considered low in fat. Snacks which contain about 3 grams of fat or less per serving are low-fat.
3. Lay the snacks on the table so they are not in any special order.
4. **Tell students:** Put the food items on the table in order from least amount of fat to most amount of fat without looking at the labels. Write your answers on your sheets with one being the least amount of fat and six the highest amount of fat.
5. Call on one student to arrange the snacks in the order that they had on their sheet.
6. **Ask students:** Does anyone want to change the order? (Give at least one student a chance to change the order. Ask this again until the group comes close to an agreement. Don't spend too much time on this.)
7. Put them in the correct order and read off the amount of fat per serving for each one. Put the card with the amount of fat in the snack in front of the matching snack.
  1. Strawberry Newtons = 0 grams of fat
  2. Skittles = 2.5 grams of fat
  3. Three Musketeers Bar = 8 grams of fat
  4. Snickers Bar = 14 grams of fat
  5. Little Debbie Zebra Cakes = 19 grams of fat
  6. Hostess Fruit Pie = 22 grams of fat
8. Give each student a Strawberry Newtons cookie sample to taste while they are completing the activity.
9. **Tell students:** Write down some of your favorite sweet snacks including candy, cakes and cookies where it says "snacks I usually buy" on your sheets.
10. Give each student a snack list.
11. **Tell the group:** Look up and write down the amount of fat per serving and the serving size of some of your favorite snacks. Then look up some good lower fat alternatives to your snacks and write those down on your sheets with amounts of fat they contain.



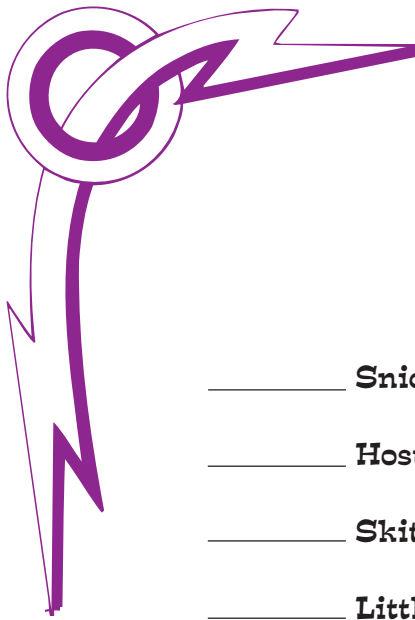
## STATION #3

### Sneaky Snacks (Continued)

12. **Tell students:** Try to remember this list so that you can still have the kinds of snacks you like but cut down on some of the fat you are eating. Put the list in your folder now so you will have it to look at later.

**Supplies:**

Hostess Fruit Pie  
Little Debbie Zebra Cakes  
Snickers Bar  
Three Musketeers Bar  
Skittles  
Strawberry Newtons  
6 Cards with fat grams for each product  
Snack list for each student  
Sample of Strawberry Newtons for each student



# Station #3

## Sneaky Snacks

- \_\_\_\_\_ Snickers Bar
- \_\_\_\_\_ Hostess Fruit Pie
- \_\_\_\_\_ Skittles
- \_\_\_\_\_ Little Debbie Zebra Cakes
- \_\_\_\_\_ Strawberry Newtons
- \_\_\_\_\_ Three Musketeers Bar

<b>Snacks I Usually Buy</b>	<b>Serving Size</b>	<b>Amount of Fat</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

<b>Lower-fat Snacks I Could Try</b>	<b>Serving Size</b>	<b>Amount of Fat</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Hostess Fruit Pie**

**Snickers Bar**

**22 grams of fat**

**14 grams of fat**

**Strawberry Newtons**

**Skittles**

**0 grams of fat**

**2.5 grams of fat**

**Little Debbie  
Zebra Cakes**

**Three Musketeers Bar**

**19 grams of fat**

**8 grams of fat**

# SNACK CAKES

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Hostess Mini-Muffins</b> <b>2.4 oz (2 servings/pkg)</b>  Blueberry Chocolate Chip	150 cal, 8 g fat 160 cal, 9 g fat	300 cal, 16 g fat 320 cal, 18 g fat
<b>Dolly Madison Gems (mini donuts)</b> <b>4 oz (2 servings/pkg) 3 donuts</b>  Crunch Powdered Sugar Chocolate covered	220 cal, 10 g fat 180 cal, 9 g fat 210 cal, 13 g fat	440 cal, 20 g fat 360 cal, 19 g fat 420 cal, 26 g fat
<b>Zingers</b> <b>(2 servings/pkg) 2 Zingers</b>  Regular 3 3/4 oz Chocolate 4 5/8 oz	210 cal, 8 g fat 240 cal, 7 g fat	420 cal, 16 g fat 480 cal, 14 g fat
<b>Dolly Madison Apple Fruit Pie</b> <b>4 1/2 oz (1 serv/pkg)</b>	480 cal, 22 g fat	same
<b>Moon Pie (Chocolate or Vanilla)</b> <b>2 3/4 oz (2 serv/pkg) 1/2 pie</b>	165 cal, 5 g fat	330 cal, 10 g fat
<b>Hostess</b> <b>1 cake</b> Cupcake Ding Dong Ho Ho Honey Bun Sno Balls Suzy Q Twinkie Apple Pie Blueberry Muffin Loaf	170 cal, 6 g fat 170 cal, 9 g fat 120 cal, 6 g fat 450 cal, 27 g fat 150 cal, 4 g fat 240 cal, 10 g fat 160 cal, 5 g fat 480 cal, 22 g fat 440 cal, 19 g fat	340 cal, 12 g fat 340 cal, 18 g fat 360 cal, 18 g fat same 300 cal, 8 g fat 480 cal, 20 g fat 320 cal, 10 g fat same same
<b>Little Debbie Snack Cakes</b> Coffee cakes - 1 cake Nutty Bars (2 bars) Strawberry Shortcake Rolls (2 rolls) Fudge Round (1 pkg) Zebra Cakes (1 pkg) Star Cruch (1 pkg) Oatmeal Cream Pie (1 pkg)	230 cal, 7g fat 280 cal, 17 g f 290 cal, 11 g fat 290 cal, 12 g fat 370 cal, 19 g fat 280 cal, 12 g fat 300 cal, 12 g fat	

# COOKIES

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Fig Newtons 2 oz (1 serv/pkg)</b>	210 cal, 4.5 g fat	
<b>Fudge Stripes 2 oz (1 serv/pkg = 6 cookies)</b>	320 cal, 16 g fat	
<b>Grasshoppers 1.4 oz (1 serv/pkg = 6 cookies)</b>	220 cal, 10 g fat	
<b>Chips Ahoy 1.4 oz (1 serv/pkg = 6 cookies)</b>	200 cal, 9 g fat	
<b>Nutter Butters 1.9 oz (1 serv/pkg = 6 cookies)</b>	260 cal, 11 g fat	
<b>Oreos 2 oz (1 serv/pkg = 6 cookies)</b>	280 cal, 12 g fat	
<b>Deluxe Grahams 1.75 oz (1 serv/pkg = 6 cookies)</b>	280 cal, 14 g fat	
<b>Grandma's cookies 2 3/4 oz (2 serv/pkg)</b>		
<b>Molasses (1 cookie)</b>	160 cal, 4 g fat	320 cal, 8 g fat
<b>Fudge Choc. Chip (1 cookie)</b>	170 cal, 7 g fat	340 cal, 14 g fat
<b>Grandma's Vanilla</b>		
<b>Sandwich Cremes 3 oz (2 serv/pkg)</b>	210 cal, 9 g fat	420 cal, 18 g fat
<b>Animal crackers (10 cookies)</b>	112 cal, 2.4 g fat	
<b>Barnum animal crackers (11 cookies)</b>	130 cal, 4 g fat	
<b>Apple Newtons (2 cookies)</b>	147 cal, 2.7 g fat	
<b>Almost Home Chocolate Chip Cookies (2)</b>	130 cal, 5 g fat	
<b>Rice Krispie Treats 1.3 oz</b>	150 cal, 3.5 g fat	
<b>Snackwell Devil's Food Cookie 3.2 oz</b>		
<b>1 serv/pkg = 6 cookies)</b>	300 cal, 0 g fat	
<b>Strawberry Newtons</b>	100 cal, 0 g fat	
<b>Nature Valley Granola Bars 1.6 oz</b>		
<b>(2 serv/pkg) = 2bars</b>	400 cal, 12 g fat	
<b>Kellogg's Nutrigrain Bar 1.3 oz</b>	140 cal, 3 g fat	
<b>Snackwells Apple Cinnamon Cereal Bar 1.3 oz</b>	120 cal, 0 g fat	
<b>Snackwells Cream Sandwich Cookies</b>		
<b>(1 serv/pkg = 4 cookies)</b>	200 cal, 4 g fat	

# CHIPS, CRACKERS, NUTS

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Combos</b>		
<b>1.8 oz (1 serv/pkg)</b>		
Pizzeria	230 cal, 8 g fat	
Nacho	230 cal, 8 g fat	
Cheddar Cheese	240 cal, 9 g fat	
Cheddar Cheese Crackers	230 cal, 15 g fat	
Pepperoni Pizza	240 cal, 11 g fat	
<b>Pringles</b>		
<b>2 oz (1 serv/pkg)</b>		
Cheezums	350 cal, 24 g fat	
Sour Cream & Onion	340 cal, 23 g fat	
Original	340 cal, 23 g fat	
Right Crisps (Lite)	270 cal, 14 g fat	
<b>HandiSnack Cheese and Crackers</b>		
<b>.95 oz (1 serv/pkg)</b>	110 cal, 7 g fat	
<b>Peter Pan Cheese and Peanut Butter Crackers</b>		
<b>1.46 oz (1 serv/pkg)</b>	210 cal, 10 g fat	
<b>Cheetos Golden Toast Crackers</b>		
<b>1.6 oz (1 serv/pkg)</b>	240 cal, 14 g fat	
<b>Old Dutch Dutch Crunch</b>		
<b>1.5 oz (1 serv/pkg)</b>		
Jalapeno & Cheddar	200 cal, 10 g fat	
Original	200 cal, 9 g fat	
Bar-B-Que	200 cal, 8 g fat	
<b>Old Dutch Potato Chips</b>		
<b>1.5 oz (1 serv/pkg)</b>		
Original	220 cal, 12 g fat	
Bar B Q	220 cal, 13 g fat	
Sour Cream & Onion	220 cal, 13 g fat	
Onion & Garlic	220 cal, 12 g fat	
<b>Old Dutch Nacho Cheese Chips</b>		
<b>2.5 oz (2 serv/pkg) (1/2 pkg)</b>	150 cal, 7 g fat	300 cal, 14 g fat
<b>Old Dutch Corn Chips 2.5 oz</b>		
<b>(2 serv/pkg) (1/2 pkg)</b>		
Regular	170 cal, 10 g fat	340 cal, 20 g fat
BBQ	170 cal, 10 g fat	340 cal, 20 g fat

# CHIPS, CRACKERS, NUTS (Continued)

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Old Dutch Crunchy Curlys 2 1/8 oz (2 serv/pkg) (1/2 pkg)</b>	130 cal, 6 g fat	260 cal, 12 g fat
<b>Old Dutch Cheddar Popcorn 1 oz (1 serv/pkg)</b>	150 cal, 9 g fat	
Old Dutch White Popcorn 1 oz (1 serv/pkg)	150 cal, 9 g fat	
<b>Doritos 2 1/8 oz (2 serv/pkg) (1/2 pkg)</b>		
Nacho Cheese	140 cal, 7 g fat	280 cal, 14 g fat
Cooler Ranch	140 cal, 7 g fat	280 cal, 14 g fat
<b>Lays Deli Chips 1 3/4 oz</b>	270 cal, 18 g fat	
<b>Lays Classic Chips 1 3/4 oz</b>	270 cal, 17 g fat	
<b>Lays Sour Cream &amp; Onion chips 1 3/4 oz</b>	270 cal, 17 g fat	
<b>Lays KC Masterpiece BBQ 1 3/4 oz</b>	280 cal, 18 g fat	
<b>Baked Lays 1 1/8 oz</b>	130 cal, 1.5 g fat	
<b>Ruffles Cheddar &amp; Sour Cream Chips 1-3/4 oz</b>	280 cal, 18 g fat	
<b>Cheetos Crunchy 2-1/8 oz (2 serv/pkg)</b>	160 cal, 10 g fat	320 cal, 20 g fat
<b>Fritos Original corn chips  2 3/4 oz (3 serv/pkg)</b>	160 cal, 10 g fat	480 cal, 30 g fat
<b>Sun Chips 1 3/4 oz (1 serv/pkg)</b>		
French Onion	240 cal, 11 g fat	
Harvest Cheddar	240 cal, 11 g fat	
<b>Munchos potato crisps 1 5/8 oz (1 serv/pkg)</b>	260 cal, 16 g fat	

# CHIPS, CRACKERS, NUTS (Continued)

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Funyuns 1 5/8 oz (1 serv/pkg)</b>	230 cal, 11 g fat	
<b>Pork Cracklins 2 oz (4 serv/pkg)</b>	80 cal, 5 g fat	360 cal, 20 g fat
<b>Butter Caramel Corn 2.5 oz (2.5 serv/pkg)</b>	120 cal, 2.5 g fat	300 cal, 6.25 g fat
<b>Rold Gold Baked Pretzel Thins 2-1/8 oz (2 serv/pkg)</b>	110 cal, 0 g fat	220 cal, 0 g fat
<b>Old Dutch Salties 3-1/4 oz (2 serv/pkg)</b>	180 cal, 15 g fat	360 cal, 30 g fat
<b>CornNuts 5 oz (5 serv/pkg)</b>	130 cal, 4 g fat	650 cal, 20 g fat
<b>Planters Peanuts 1 oz</b>	140 cal, 9 g fat	
<b>Planters Caribbean Crunch 4-1/2 oz (4 serv/pkg)</b>	170 cal, 11 g fat	680 cal, 44 g fat
<b>Fischer Mixed Nuts Original 3 1/2 oz (3.5 serv/pkg)</b>	180 cal, 16 g fat	630 cal, 56 g fat
<b>Fischer Honey Roasted Nuts 3 oz (3 serv/pkg)</b>	160 cal, 14 g fat	480 cal, 42 g fat
<b>Fischer Tropical Fruit &amp; Nuts 2-1/2 oz (2.5 serv/pkg)</b>	140 cal, 8 g fat	350 cal, 20 g fat
<b>Slim Jim Giant Jerky .56 oz (1 serv/pkg)</b>	70 cal, 4 g fat	

# CANDY BARS

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>3 Musketeers</b> 2.13 oz	260 cal, 8 g fat	
<b>1000 Grand</b> 1.5 oz	200 cal, 8 g fat	
<b>Almond Joy</b> 1 oz bar	136 cal, 2.3 g fat	
<b>Amazin' Fruit</b> 3.5 oz (2.5 serv/pkg)	130 cal, 0 g fat/serving	325 cal, 0 g fat/pkg
<b>Baby Ruth</b> 2 oz bar	260 cal, 12 g fat	
<b>Butterfinger</b> 2 oz bar	260 cal, 12 g fat	
<b>Cadbury Carmello</b> 1 oz	141 cal, 6.7 g fat	
<b>Charleston Chew</b> 2 oz	240 cal, 6 g fat	
<b>Chocolate Power Bar</b> 2.3 oz	230 cal, 2 g fat	
<b>Chuckles</b> 2 oz	190 cal, 0 g fat	
<b>Dots</b> 2.25 oz	220 cal, 0 g fat	
<b>Heath</b> 1.4 oz	210 cal, 13 g fat	
<b>Hershey Milk Chocolate</b> 1.55 oz	230 cal, 13 g fat	
<b>Hershey with Almonds</b> 1.55 oz	246 cal, 15.4 g fat	
<b>Hershey Sweet Escapes</b> Toffee Crunch 1.4 oz.	190 cal, 8 g fat	
<b>Hershey Sweet Escapes</b> Triple Chocolate wafer 1.4 oz.	160 cal, 5 g fat	

# CANDY BARS *(Continued)*

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Junior Mints</b> 1.6 oz	180 cal, 3 g fat	
<b>KitKat</b> 1.5 oz	220 cal, 11 g fat	
<b>Krackel</b> 1.65 oz	249 cal, 13.6 g fat	
<b>Life Savers</b> (1 piece)	9.1 cal, 0 g fat	
<b>M &amp; M's - Almond</b> 1.3 oz	200 cal, 11 g fat	
<b>M &amp; M's - Peanut</b> 1.69 oz	240 cal, 12 g fat	
<b>M &amp; M's - Peanut Butter</b> 1.63 oz	240 cal, 13 g fat	
<b>M &amp; M's - Plain</b> 1.69 oz	240 cal, 10 g fat	
<b>Mamba</b> 2.65 oz (2 serv/pkg)	160 cal, 2 g fat/serving	320 cal, 4 g fat/pkg
<b>Mars</b> 1.76 oz	240 cal, 13 g fat	
<b>Milk Duds</b> 1.85 oz	230 cal, 8 g fat	
<b>Milky Way Lite</b> 1.57 oz	170 cal, 5 g fat	
<b>Mounds</b> 1 oz	135 cal, 7 g fat	
<b>Mr. Goodbar</b> 1.85 oz	296 cal, 19.4 g fat	
<b>Nestle - White</b> 1.4 oz	220 cal, 13 g fat	
<b>Now &amp; Later</b> 2.52 oz	270 cal, 2.5 g fat	
<b>Nut Goodie</b> 1.75 oz	240 cal, 12 g fat	

# CANDY BARS

(Continued)

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Oh Henry</b> 1.8 oz (2 serv/pkg)	120 cal, 5 g fat/serving	240 cal, 10 g fat/pkg
<b>Pay Day</b> 1.85 oz	250 cal, 13 g fat	
<b>Pearson's Nut Roll</b> 1.8 oz	240 cal, 11 g fat	
<b>Reese's Cookie Cups</b> 1.44 oz (2 cups)	210 cal, 12 g fat	
<b>Reese's Peanut Butter Cups</b> 1.6 oz (2 cups)	260 cal, 14 g fat	
<b>Reese's Pieces</b> 1.95 oz	270 cal, 11.4 g fat	
<b>Rolos</b> 1.93 oz	264 cal, 12 g fat	
<b>Skittles</b> 2.17 oz	250 cal, 2.5 g fat	
<b>Skor</b> 1.4 oz	210 cal, 12 g fat	
<b>Snackwells Caramel Nut Cluster</b> 1.3 oz.	140 cal, 5 g fat	
<b>Snackwells Raisin Dips</b> 1.5 oz.	150 cal, 5 g fat	
<b>Snickers</b> 2.07 oz	280 cal, 14 g fat	
<b>Starbursts</b> 1 pkg	240 cal, 4.5 g fat	
<b>Tootsie Roll</b> 2.25 oz (2 serv/pkg)	130 cal, 2 g fat/serving	260 cal, 4 g fat/pkg
<b>Twix</b> 2 oz (2 sticks)	280 cal, 14 g fat	
<b>Twizzler's Licorice</b> 2.1 oz	190 cal, 1 g fat	
<b>Whatchamacallit</b> 1.8 oz	270 cal, 14.9 g fat	
<b>York Peppermint Patty</b> 1.5 oz	170 cal, 3 g fat	

# ICE CREAM/FROZEN TREATS

	<u>Info per serving</u>	<u>Info per package</u> (If there is more than 1 serving per package)
<b>Cherry Garcia Frozen Yogurt</b> 3.7 oz	260 cal, 14 g fat	
<b>Vanilla Heath Toffee Crunch</b> 3.7 oz	330 cal, 22 g fat	
<b>Cappucine</b> 8 oz	100 cal, 3.5 g fat	
<b>Dove Bar</b> 3.67 oz	330 cal, 22 g fat	
<b>Kemps Chocolate Malt</b> Light Ice Cream 8 oz	200 cal, 4 g fat	
<b>Kemps English Toffee Bar</b> 2.5 oz	160 cal, 11 g fat	
<b>Kemps Ice Cream Sandwich</b> 3 oz	170 cal, 7 g fat	
<b>Kempswich - Chocolate Chip Cookie</b> Ice Cream Sandwich 4.5 oz	340 cal, 18 g fat	
<b>Milky Way on a Stick Chocolate</b> Ice Cream 3 oz	220 cal, 12 g fat	
<b>Reese's Peanut Butter Ice Cream</b> Cup 3 oz	220 cal, 16 g fat	
<b>Snickers Ice Cream Bar</b> 2 oz	180 cal, 11 g fat	
<b>Snickers Ice Cream Cone</b> 4 oz	290 cal, 15 g fat	



## STATION #4 Pick Your Pizza

1. Put the first five test tubes out on the table in order from 1-5. Place the pizza boxes in front of them so they are not in any special order.
2. **Tell students:** Turn to page 11 in your notebook to find the sheet for Station #4.
3. **Tell students:** There are hundreds of frozen pizzas on the market today. You might not think the amount of fat in them is very different, but in just a minute you'll find out how important it is to read the labels on the pizza packages before you buy them.
4. Show the students the five numbered test tubes of fat and the five pizza packages. Do not let them see the nutrition labels.
5. **Tell students:** Write down which test tubes show the amount of fat in 1/4 of the pizza in the packages or one single-serving pizza.
6. **After they have finished ask one student:** Place each pizza package in front of the test tube you think represents the amount of fat in 1/4 of that pizza or one single-serving pizza.
7. Ask if the other students agree or disagree and why. When they are close to agreeing arrange the test tubes and pizza packages to show the correct answers. Place the cards that give the amounts of fat in front of the pizzas, also.

	Test Tube
1/4 Totino's Cheese Party Pizza (12 inch) — 7 grams of fat	1
Tombstone for One Vegetable Pizza (single serving — 10 grams of fat	2
1/4 Jack's Double Cheese Pizza (12 inch) — 19 grams of fat	3
1/4 Red Baron Pepperoni Pizza (12 inch) — 23 grams of fat	4
Tony's Microwave Pepperoni Pizza for One (single serving) — 32 grams of fat	5

8. **Tell students:** Adding pepperoni and sausage adds a lot of fat. So does extra cheese. Compare the Totino's cheese pizza with the pepperoni pizza or the double-cheese pizza.



## STATION #4

### Pick Your Pizza (Continued)

9. Show the Tombstone Double Top Pepperoni Double Cheese pizza package.

**Tell students:** The extra cheese and the meat add a lot of fat to the pizza. This is true whether you buy frozen pizza or get pizza at Dominos or Papa John's. When you add both extra cheese and meat, you get something like Tombstone Double Top Pepperoni with Double Cheese. How much fat do you think is in one-fourth of the pizza?

*Answer: 30 grams of fat in 1/4 of the pizza. This is the same as 7-1/2 teaspoons of fat. Show test tube #6 representing 7-1/2 teaspoons of fat.*

10. **Tell students:** Also look at the size of the pizzas and remember we are only talking about 1/4 of a pizza. How much do you usually eat?

#### Supplies

6 test tubes of fat

Jack's Double Cheese Pizza package  
 Tony's Microwave Pepperoni Pizza for One package  
 Totino's Cheese Party Pizza package  
 Red Baron Pepperoni Pizza package  
 Tombstone for One Vegetable Pizza package  
 Tombstone Double-Top Pepperoni with Double Cheese  
 Pizza package

6 cards with amounts of fat



# Station #4

## Pick Your Pizza

**Test Tube**

1/4 Jack's Double-Cheese Pizza

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Tony's Microwave Pepperoni Pizza for One

---

1/4 Totino's Cheese Party Pizza

---

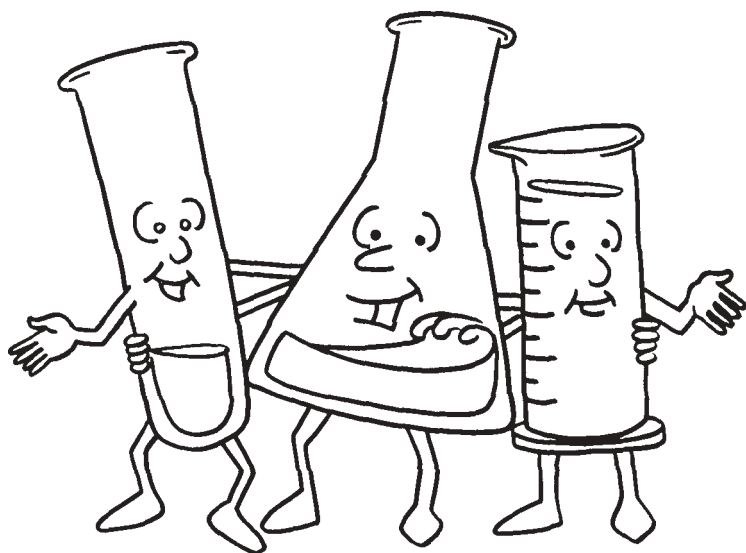
1/4 Red Baron Pepperoni Pizza

---

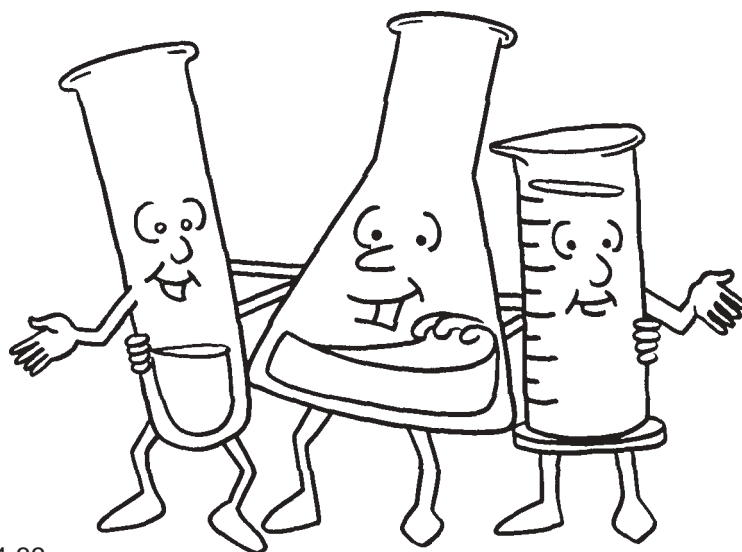
Tombstone for One Vegetable Pizza

---

# Test tube #1

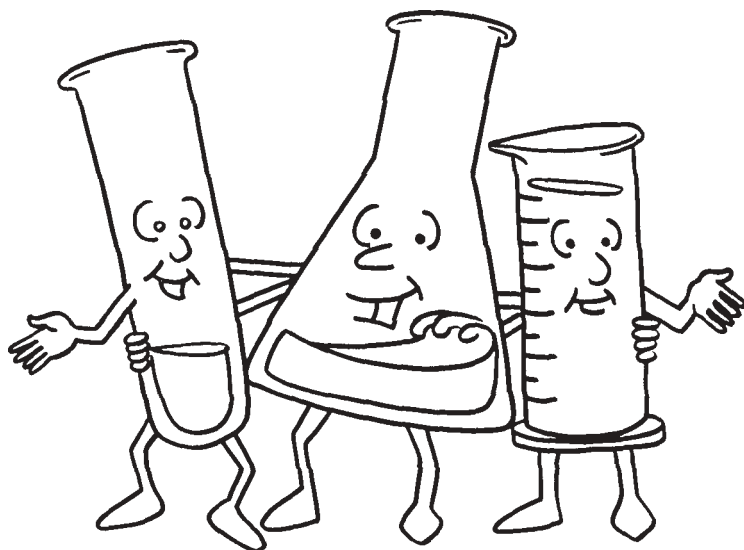


# Test tube #2



# Test tube #1

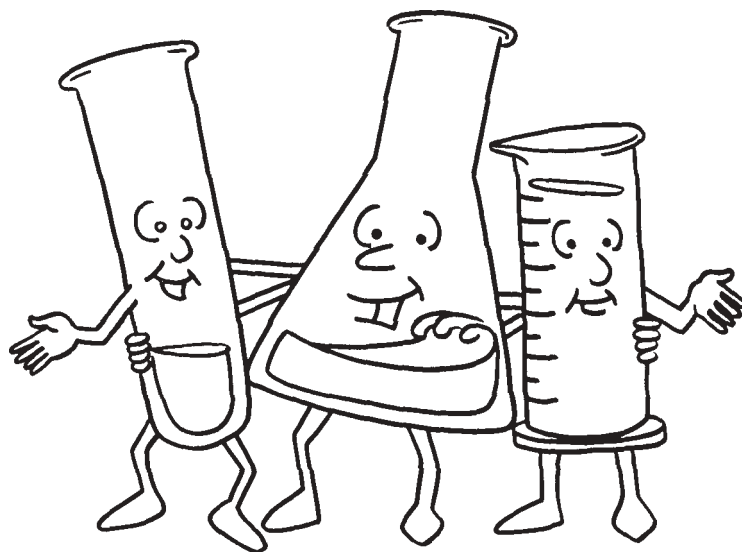
1/4 Totino's Cheese Party Pizza



**7 grams  
of fat**

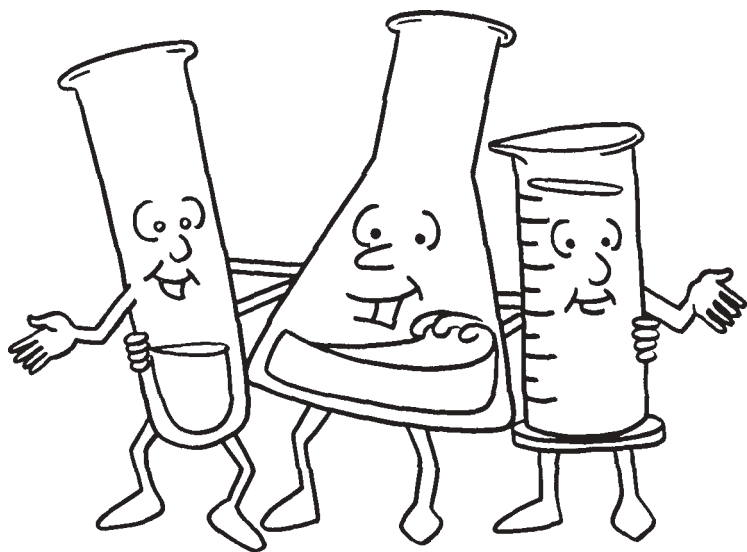
# Test tube #2

Tombstone for One Vegetable Pizza

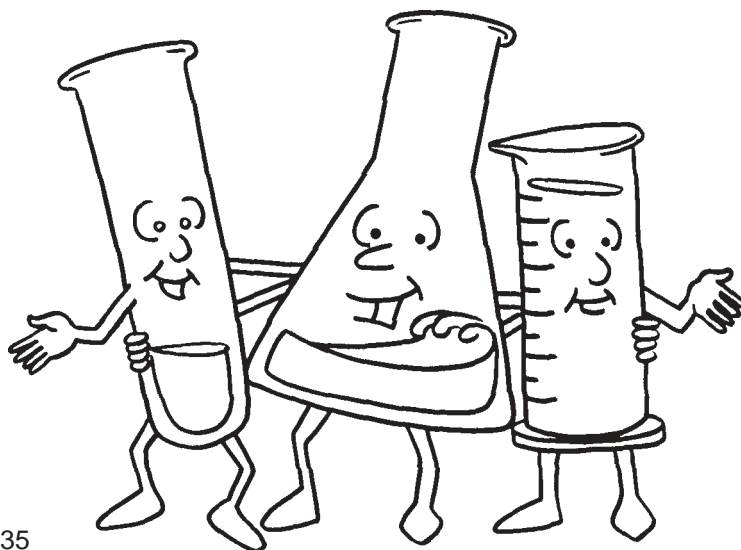


**10 grams  
of fat**

# Test tube #3

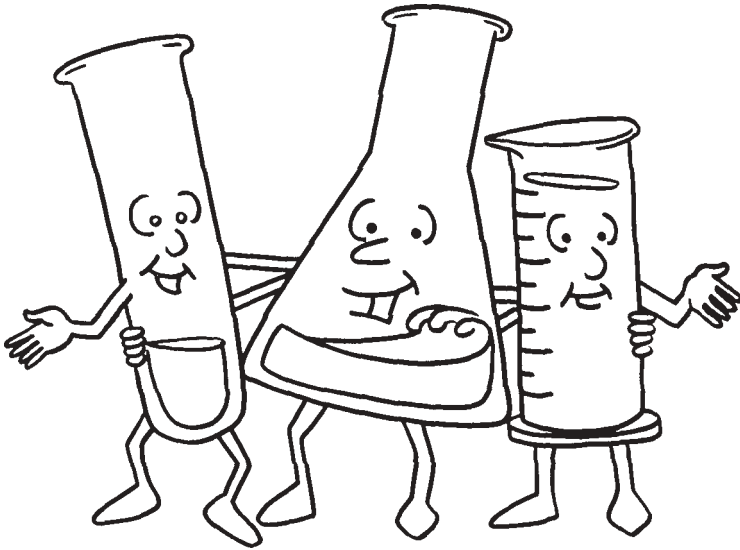


# Test tube #4



# Test tube #3

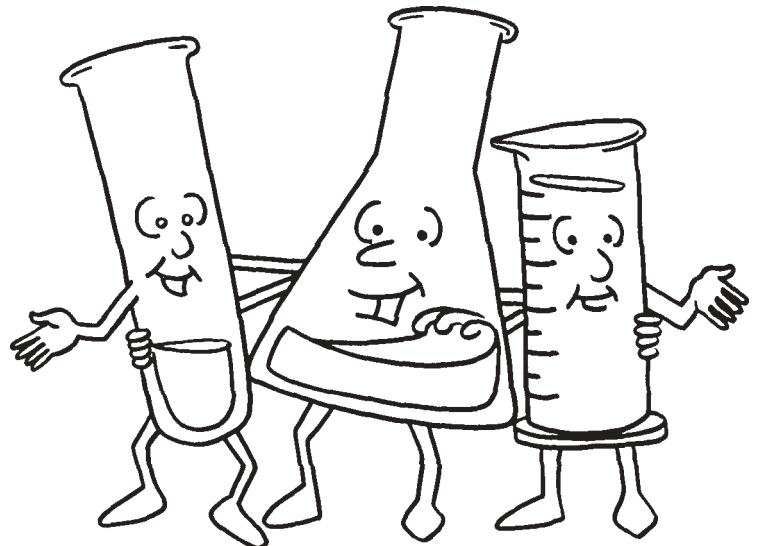
1/4 Jack's Double Cheese Pizza



**19 grams of  
fat**

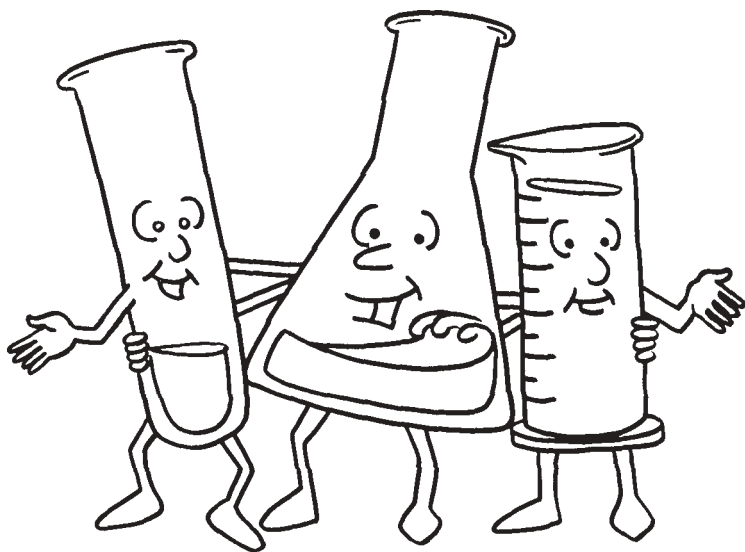
# Test tube #4

1/4 Red Baron Pepperoni Pizza

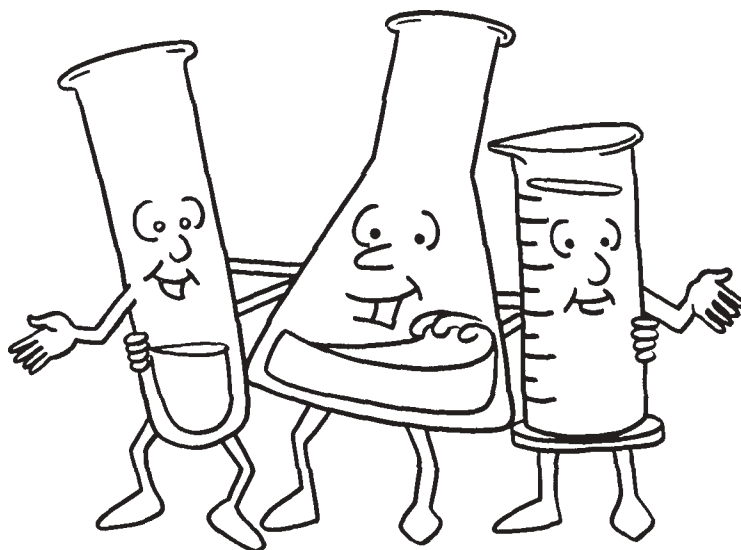


**23 grams  
of fat**

# Test tube #5



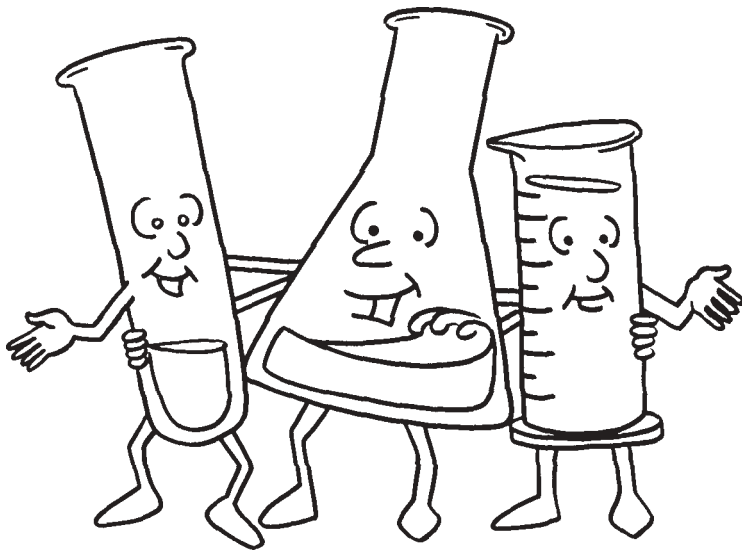
# Test tube #6



# Test tube #5

Tony's Microwave Pepperoni Pizza for One

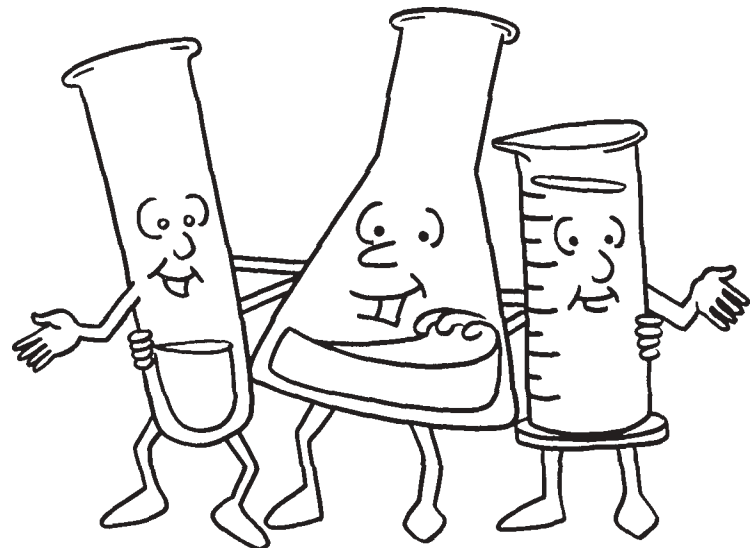
**32 grams  
of fat**



# Test tube #6

1/4 Tombstone Double Top Pepperoni Double Cheese Pizza

**30 grams  
of fat**



**Station #2**

**Station #1**

**Station #4**

**Station #3**

# FOODS FOR DUDES

## Session Four

- Donny:** Hey, I hear a munch, I hear a crunch, it's time for lunch and FOODS FOR DUDES with Donny—
- Darlene** And Darlene. Welcome to Foods for Dudes, the call-in show for kids who like to eat—and who doesn't? (haha)
- Donny:** Nobody I know! (sound of bag rumpling)
- Darlene** Donny what are you eating?
- Donny:** *(talking with his mouth full)*
- Darlene** Donny, please. Not with your mouth full.
- Donny:** Hey, Dar, look!
- Darlene** Donny, that is gross! Really!
- Donny:** Hey, you know I love ya, Dar! I am eating (sound of bag) Cruncharoonies. It says here that they are a baked crunchy cheesy snack. And these were sent to me by Terry in Tallahassee, Florida. (sings) Did you ever Tall a hassee a hassee a hassee ... Terry, I like'em. I like 'em a lot.
- Darlene** Let me look at that (she grabs bag from Don). Cruncharoonies, huh? Are these low in fat, Donny? Did you check?
- Donny:** I most certainly did, Dar. They're not bad. I guess I could do better. Just take a look. Five grams of fat — that's it.
- Darlene** Donny, Donny, Donny, Donny, Donny, Donny, Donny, Donny!
- Donny:** *(quickly)* Yes, yes, yes, yes, yes, yes, yes, yes!
- Darlene** You didn't take a good look at the label. You didn't look at the serving size. One serving is only six cruncharoonies! So it's five grams of fat if you eat six cruncharoonies—you've had a least thirty since you sat down!
- Donny:** What do you mean only five cruncharoonies? Give me that! (he grabs the bag back from her). Oh, Dar. Oh, Darlene! Can you forgive me? I cannot believe that this actually happened to me, but in my zeal for trying this new snack I neglected to look at the serving size on the label. You are right! There are five grams of fat in just six cruncharoonies! And you think I've eaten at least thirty?! That's twenty-five grams of fat! That's almost one third of the fat I should eat in a day! Ugh! Feh! Ptoie! I think I'm gonna throw up!
- Darlene** Now, Donny it was an honest mistake, hon. Please don't throw up. Look, you can make up for it the rest of the day by watching what you eat.

**Donny:** Right, Right. What was I thinking? I'll just eat wisely and not eat a lot of fat and not get upset and BURN THOSE CRUNCHAROONIES! Thanks a lot Terry from Tallahassee! I'll do the same for you someday!

**Darlene** Now, Donny, compose yourself. Hey, here's our first caller. Are you there? It should be John, is that right?

**John:** Right.

**Darlene** Where are you from, John?

**John:** Springfield, Massachusetts.

**Donny:** Hi, John. Springfield, eh? (sings to the tune of Younger Than Springtime) Younger than Springfield, am I... So, John, what's your question?

**John:** Do foods that have a lot of fat also have a lot of calories? Is that always true?

**Donny:** What a question! Did you hear that Darlene! John that is such a great question! I declare this John from Springfield, Massachusetts Day! You're too much, John, really you are!

**Darlene** I agree, Donny. John, a really outstanding question, really outstanding. You're sort of right. Most high fat foods are high in calories but some fat free foods with a lot of sugar are high in calories, too. For example, a can of Mountain Dew has no fat but more than 100 calories and that's all from sugar. A piece of fruit has no fat, only natural sugar and still has some calories. Ounce for ounce, though, fat has more calories than sugar.

**Donny:** That's right. If you ate an ounce of butter and an ounce of sugar you would get more than twice the calories in the butter than in the sugar. The reason we talk about eating less fat is because a lot of the junk food kids your age eat has too much fat like chips, fries, and cookies.

**Darlene** Other junk food like pop and candy might not have any fat, just a lot of calories, and none of the things your body needs like protein, vitamins, or minerals. You just don't get the stuff in junk food that you really need to grow and have energy to do the things you like to do.

**John:** Eating too much fat is bad for you, too, right?

**Darlene** Right you are, John. When you're in the habit of eating a lot of high fat food you're increasing your risk of getting a lot of bad stuff when you grow up.

**John:** Like what?

**Donny:** Like heart attacks, strokes and even some kinds of cancers.

**Darlene** Now the calorie part.

**Donny:** C'mon, Dar, I've had a rough morning. Let me do the calories.

**Darlene** I like doing calories, Donny.

**Donny:** Aw, Dar, have a heart, I mean I just ate thirty cruncharoonies!

**Darlene** Well, okay, Donny, I know you're hurting. Go ahead.

**Donny:** So, John. All foods have calories and your body needs a certain amount of calories to give it energy, but if you just go for the calories and don't look at anything else about the food then your body is not going to get what it needs to grow and be healthy.

**Darlene** Think of it this way. You could get all of your calories by drinking pop, but you would probably feel terrible and your body wouldn't get any of the nutrients that it needs to keep you going and growing—hey, I like that—going and growing!

**Darlene** And, John—one other thing—the calories are on the label just like the amount of fat. It also says how much of the calories in the food are from fat. So it's the same thing that Donny said—if you eat a food whose calories come mostly from fat you're not getting anything else out of the food except for a lot of fat! Does this make sense, John? I mean are we speaking your language?

**John:** I think so. Every food has calories, but if all the calories comes from fat or sugar, I'm not gonna get what my body needs—just a lot of fat and calories that don't really do anything.

**Donny:** Give that boy a gold star! Right you are, John, baby!

**Darlene** Way to go, John! Way to go! Thank you so much for calling. We really do appreciate it.

**Donny:** We really do. Hey, it's time to go! Watch out for those cruncharoonies! Sneaky, Terry from Tallahassee, very sneaky.

**Darlene** I think we're just about out of time. This is Darlene—

**Donny:** And Donny

**Darlene** Signing off till next time on—

**Don & Darlene** Foods for Dudes.

**Darlene** And remember, we eat lunch

**Donny:** So you eat lunch.