

Parent Connection

The subject that we are studying right now is Junk Food and how it affects Nutrition and Health.

Read the Labels

With your parents help, read the labels on the packages of food used to prepare dinner. Write out the foods on a piece of paper. Did you find anything unhealthy? If you did find anything, what did you say to your parents?

SUGAR COUNT

Look at the label on two of your favorite foods. Copy the sugar count and bring the answers to class tomorrow:

Name of the food _____ grams of sugar _____

Name of the food _____ grams of sugar _____

Do your favorite foods belong to the junk food family?

