A Food Which is Healthy for You!

- Is made of quality ingredients!
- Keeps you fit and lean!
- Should limit sugar and salt!
- Can look a lot like a vegetable!
- Has vitamins and minerals!
A Food Which is Healthy for Community!

- Is made in or near your community!
- Helps local businesses make money!
- Keeps the community active and growing
- Is grown safely with few or no chemicals added
- Provides jobs for your neighbors!
A food which is healthy for environment!

- Conserves resources like water or electricity!
- Re-uses resources whenever possible!
- Keeps harmful leftovers off the land and out of the air!
- Comes from local sources that require little or no shipping!
- Gives back to the environment through restoration and education!
Sample label for Macaroni & Cheese

### Nutrition Facts

**Serving Size:** 1 cup (228g)  
**Servings Per Container:** 2

#### Amount Per Serving

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
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</tbody>
</table>

#### Quick Guide to % DV

- **5% or less** is Low
- **20% or more** is High

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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</table>
Performing a Skit about Cooperatives

Cooperatives, also known as co-ops, are businesses that are owned and operated by their members. For example, farm co-ops consist of farmers and their families. Co-ops exist to benefit the people who work, live, or shop in them. They value local ownership, community development, and education and training. In a cooperative, profits are distributed directly to members or reinvested in the community they came from. This is different from other types of businesses, where profits go to an owner or stock holders.

Depending on the needs of their members, cooperatives can do any number of things. A dairy cooperative, for example, takes raw milk from a member farmer. The co-op pasteurizes the milk, puts it into jugs or cartons, and arranges to sell and advertise it.

You will work with your group to create a skit demonstrating how cooperatives work. Your skit must:

- be three-five minutes long.
- have a role for every student in the group.
- illustrate the important information from the reading above.
- illustrate a specific example of one type of cooperative.
- include dialogue or narration to help the audience understand main ideas.
- be accurate, clear, and loud enough.
Cabot Creamery

Cabot Creamery is a 1,200 farm family dairy cooperative with members in New England and upstate New York. As a co-op, Cabot is owned and operated by its member farmers and their families.

Cabot is guided by the Rochdale Principles, which was created in 1844. These guidelines include:

- voluntary and open membership
- democratic control by members
- equitable contributions by members
- education, training, and information for members
- working together and helping other co-ops
- supporting the community

Cabot values community, quality, democracy, and local ownership. Co-op owners serve in local government. They are volunteer firefighters. They work to help revitalize downtown economies and protect natural resources.

Source: Cows, Calcium, and Cheese from Cabot Creamery Cooperative, Inc.
According to the Environmental Protection Agency, Americans produced about 243 million tons of municipal solid waste (more commonly known as trash or garbage) in 2009. This equals approximately 4.3 pounds of waste per person per day!

**Reduce** the amount of trash you throw away.

**Reuse** containers and products. Compost organic waste.

**Recycle** as much as possible and buy products with recycled content and packaging.
Redesigning Food Packaging

You will work with your partner to creatively redesign the packaging of one of the packaged foods you found in your kitchen. You may choose which package you would like to redesign.

Your goal is to apply the three R’s (reduce, reuse, recycle) to design the most environmentally-friendly package possible.

Sketch out your redesign on the scrap paper provided by your teacher. Your redesign should:

- include a title that identifies the food you selected.
- safely package the food for purchase and storage.
- clearly illustrate and label the package materials.
- include a brief explanation that summarizes how you applied the three R’s concept.
Make Your Own Wonder Wheel!

1. Get two pieces of cardstock and a paper fastener.

2. Cut out three circles. Use an entire piece of cardstock to make one large circle. Use the other piece of cardstock to make two smaller circles as shown.

3. Assemble your Wonder Wheel by laying your circles on top of each other. Punch a hole in the middle of the circles. Fasten together with the paper fastener.

4. Draw or write the names of healthy foods on the rings of your Wonder Wheel:
   - Outer ring – healthy foods for you
   - Middle ring – healthy foods for your community
   - Inner ring – healthy foods for the environment

5. Add clever and creative touches to make your Wonder Wheel more personal and engaging.