



Wonder Wheel! Student Handout #1

Tonight for homework, you are going to “spy” on your kitchens. Have a good look around. You need to find three food items. One should be a food that you think is a healthy choice for you. A second item should be a food that you think is a healthy choice for your community. A third item should be a food that you think is a healthy choice for the environment. You may need to guess, but that is okay!

Once you have identified your three foods, complete the chart below. If the information is not available, indicate that on the chart.

	Healthy for You	Healthy for Your Community	Healthy for the Environment
List the food you identified.			
List the calories per serving.			
Identify where the product came from (i.e., state, country, and so on).			
Briefly describe the packaging that contains the food.			