



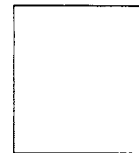
# Family Challenge #1

**NOTE:** Postcards may also be mailed directly home to families.

*The following items are distributed by the teacher:*

Introductory "Welcome" Postcard  
Postcard #1  
Family Challenge #1  
The Kid's Activity Pyramid  
Pathways Nations Map  
Envelope for Materials

**“ Welcome to Fifth Grade *PATHWAYS* ”**



Dear *PATHWAYS* Fifth Grade Student and Family,

As most of you know, *PATHWAYS* is a special program that encourages healthy eating and regular physical activity.

This year the *PATHWAYS* Family Program will include:

- \* 4 Picture Postcards
- \* Information on Healthy Eating and Exercise
- \* 4 Family Challenges – goal setting to help your family do more physical activity and eat more healthful foods.

The fifth grader, with the help of at least one adult in the family, should try to complete all four of the Family Challenge sheets, sign them, and take them back to the classroom.

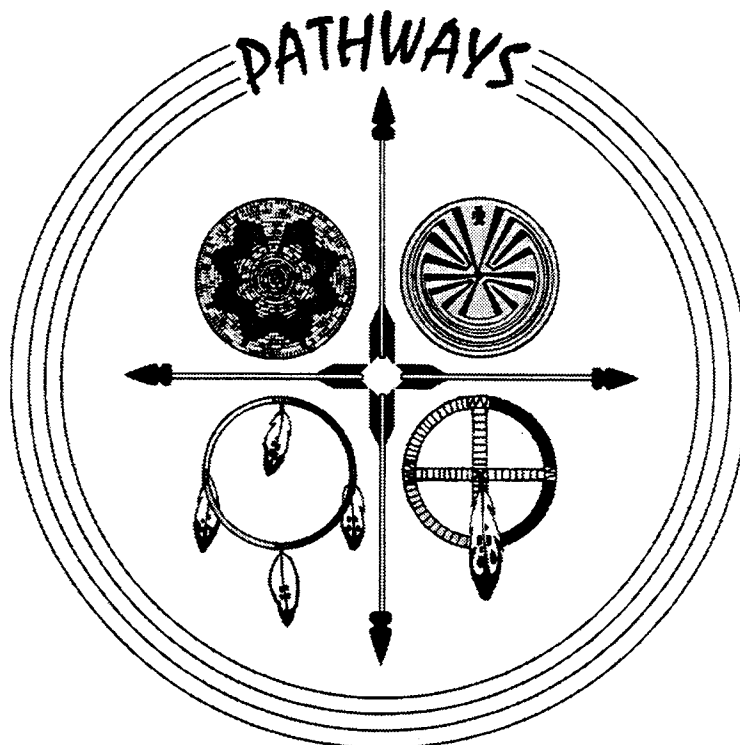
★★★ Every fifth grader who completes and returns ALL FOUR Family Challenge sheets will receive a *PATHWAYS* t-shirt! ★★★

Watch for your first *PATHWAYS* envelope of information which will SOON be given to the fifth graders to take home.

As we begin the third and final year of *PATHWAYS*, we want to **THANK YOU** for your participation in this program!

– *PATHWAYS* Staff

To the Family of:



## “ Be Active Every Day! ”

POSTCARD #1

Photograph: Mt. Baldy

### Benefits of Physical Activity for You and Your Family:

- ♥ Makes your heart stronger.
- ♥ Increases your strength and fitness.
- ♥ May lower your risk of diabetes and heart disease.

### Suggestions to Help Your Family Exercise Every Day:

- \* Plan time to do physical activity every day for at least 20 minutes.
- \* Try different active games or physical activities, so you don't get bored.
- \* Walk – Run – Dance – Play Basketball – Just do something **ACTIVE** every day!



### FAMILY CHALLENGE #1

- Look over the Activity Pyramid and fill in the back with the activities your family likes to do.
- Plan 3 times during the next few days when your fifth grader and, if possible, at least one other family member will exercise together for about 20 minutes each time.
- Fill in your Challenge #1 sheet.

#### After you complete your Family Challenge #1:

- Sign the challenge sheet.
- Be sure your fifth grader takes the sheet back to the classroom to help him or her qualify for the special reward!

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*(Photograph of Mt. Baldy)*

# Family Challenge #1

The Pathways message on Postcard #1 is:

“ \_\_\_\_\_ ”

Our family has looked over the information on the Activity Pyramid sheet, and we have filled in the back of that sheet with some of our favorite activities.

We now set a goal to do at least three different physical activities together for at least 20 minutes each time. Some of the physical activities we plan to do during the next few days are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Fifth Grader's Signature)

\_\_\_\_\_  
(Adult Family Member's Signature)

## ??? Postcard #1 Mystery Photo ???

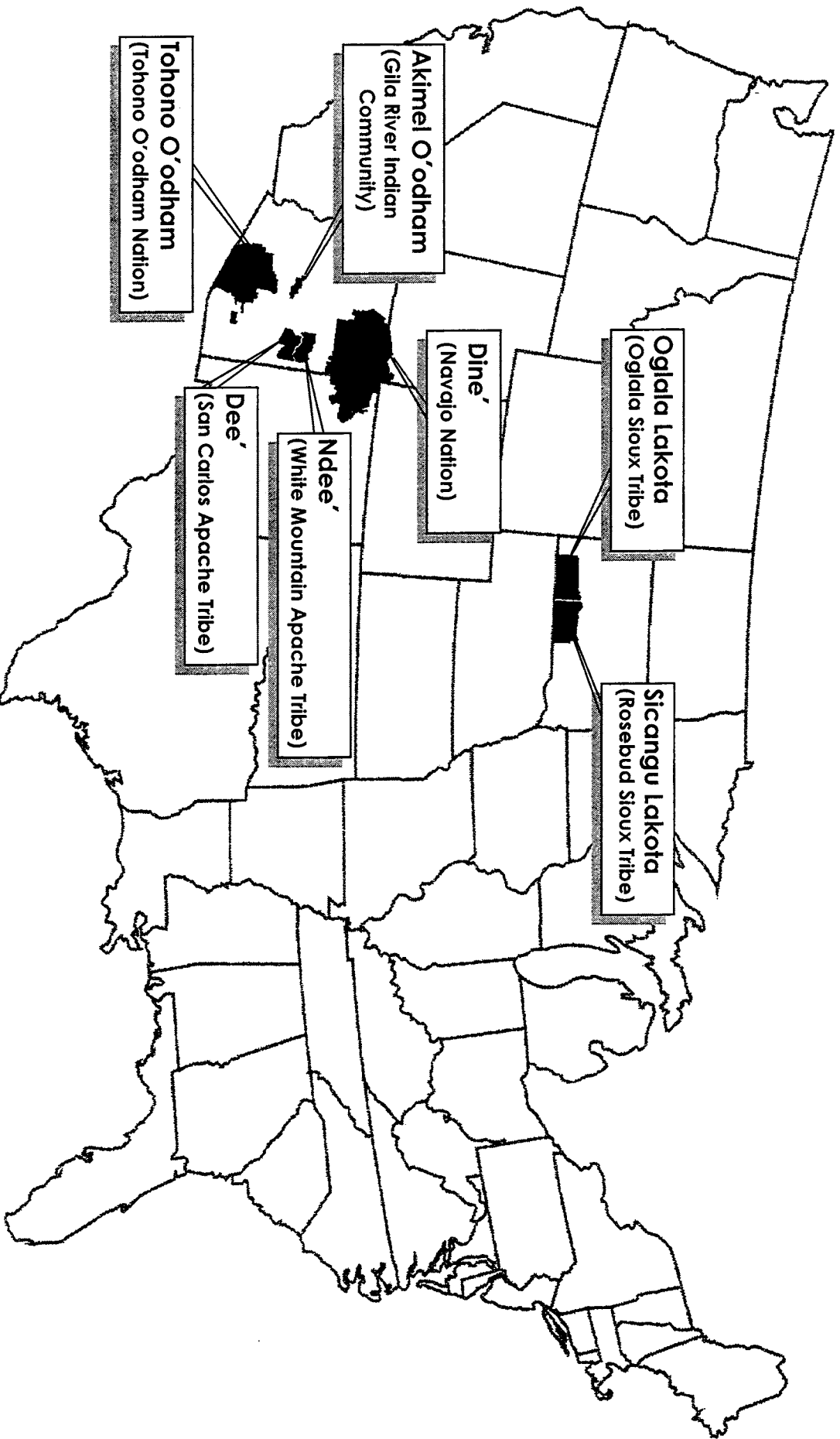
What is the photo on the front of this postcard? \_\_\_\_\_

Where do you think the photo was taken? ✓ your answer

- Akimel O'odham (Gila River Indian Community) / Tohono O'odham
- Dee' (San Carlos Apache Tribe) / Ndee' (White Mountain Apache)
- Dine' (Navajo Nation)
- Oglala Lakota (Oglala Sioux Tribe) / Sicangu Lakota (Rosebud Sioux Tribe)

**When you have completed this challenge sheet, be sure to have your fifth grader return it to his or her classroom teacher.**

# PATHWAYS NATIONS MAP





## Family Challenge #2

**NOTE: Postcards may also be mailed directly home to families.**

*The following items are distributed by the teacher:*

Postcard #2

Family Challenge #2/Food Guide Pyramid

Food Guide Pyramid: A Guide to Daily Food Choices

Everyday Foods List

Envelope for Materials

## “ Eat a Variety of Everyday Foods and Beverages! ”

POSTCARD #2

Photograph: Shiprock

### Benefits of Eating a Variety of Everyday Foods:

- ♥ Gives you a chance to enjoy the new and different flavors and textures of many foods.
- ♥ Provides a variety of vitamins and minerals which can help keep you healthy.
- ♥ May lower your risk of diabetes and heart disease.

### Suggestions to Help Add Variety to your Family's Eating:

- \* Try different fresh, frozen, or canned fruits and vegetables.
- \* Try new flavors of diet pop or bottled water without added sugar.
- \* Taste different kinds of breads without adding butter or margarine.



### FAMILY CHALLENGE #2

- Look over the Food Guide Pyramid and Everyday Foods list.
- Fill in your Challenge #2 sheet with the Everyday Foods you and your family will try eating during the next few days. Be sure there are some foods in each of the five food groups: Breads, Fruits, Vegetables, Dairy, and Meats.

#### After you complete your Family Challenge #2:

- Sign the challenge sheet.
- Be sure your fifth grader takes the sheet back to the classroom to help him or her qualify for the special reward!

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*(Photograph of Shiprock)*

## Family Challenge #2

The Pathways message on Postcard #2 is:

“ \_\_\_\_\_ ”

Our family has looked over the information on the Food Guide Pyramid and Everyday Foods list.

We now set a goal to try to eat Everyday Foods in each of the five major food groups during the next few days. We have listed the names of these Everyday Foods on the Food Guide Pyramid printed on the back of this challenge sheet.

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Fifth Grader's Signature)

\_\_\_\_\_  
(Adult Family Member's Signature)

### ? ? ? Postcard #2 Mystery Photo ? ? ?

What is the photo on the front of this postcard? \_\_\_\_\_

Where do you think the photo was taken? ✓ your answer

- Akimel O'odham (Gila River Indian Community) / Tohono O'odham
- Dee' (San Carlos Apache Tribe) / Ndee' (White Mountain Apache)
- Dine' (Navajo Nation)
- Oglala Lakota (Oglala Sioux Tribe) / Sicangu Lakota (Rosebud Sioux Tribe)

**When you have completed BOTH sides of this challenge sheet, be sure to have your fifth grader return it to his or her classroom teacher.**



# Food Guide Pyramid

Fats, Oils, & Sweets  
– Use Sparingly –

**Directions:** Try to eat Everyday Foods from each of the **5 main food groups**. In this Food Guide Pyramid, list some of the Everyday Foods you and your family will try to eat.

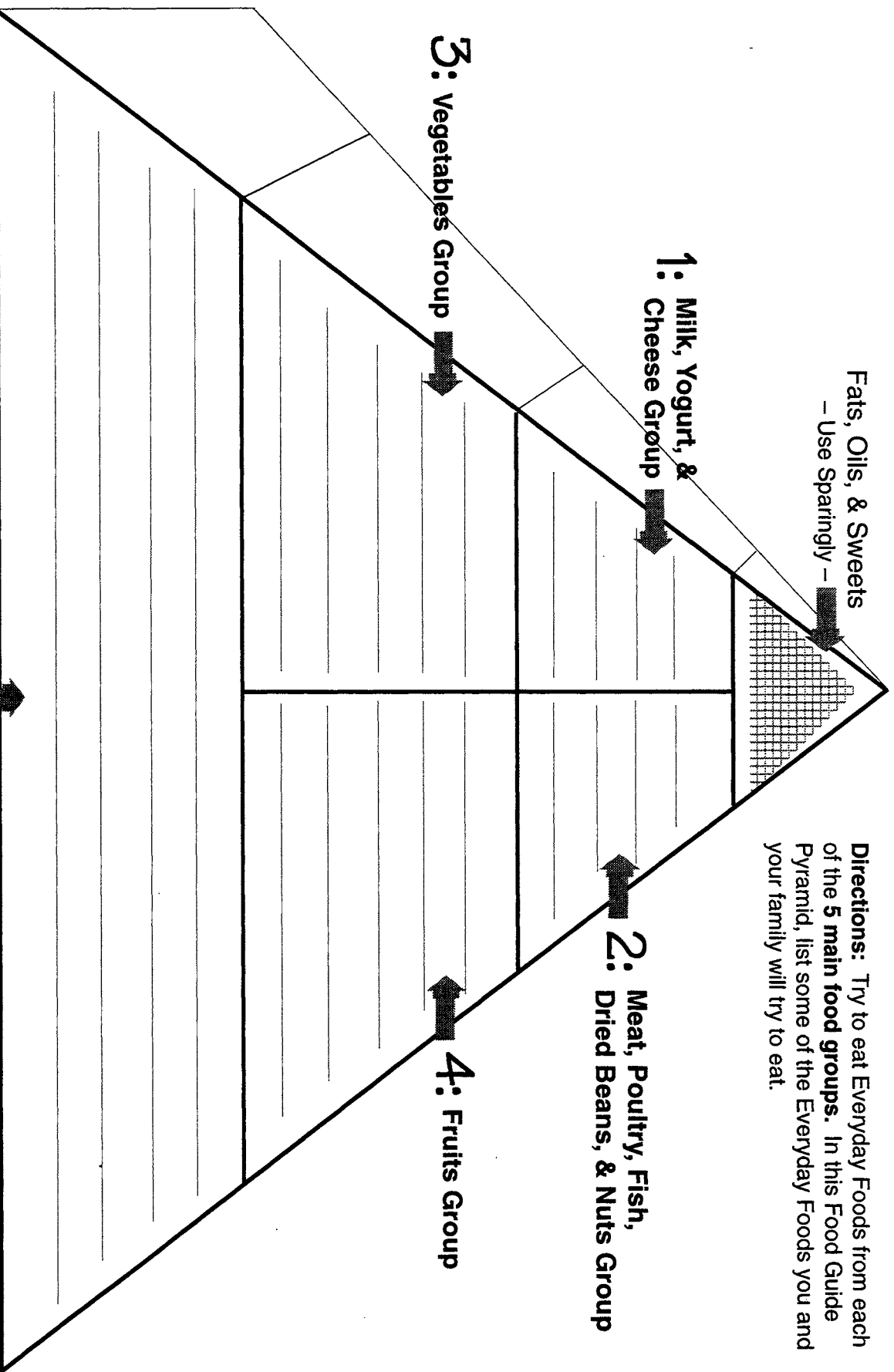
**1:** Milk, Yogurt, & Cheese Group

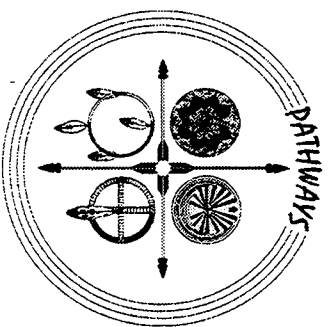
**2:** Meat, Poultry, Fish, Dried Beans, & Nuts Group

**3:** Vegetables Group

**4:** Fruits Group

**5:** Breads, Cereals, Rice, & Pasta Group





# Everyday Foods

- \* foods that have little or no fat.
- \* foods that are not fried.
- \* foods that have little or no fat added when cooked or served.
- \* water, diet pop, or other beverages that have little or no added sugar.

## Vegetables

*(fresh, frozen, canned, or dried)*

- Meat**
- beef
  - buffalo
  - deer
  - elk
  - goat
  - gopher
  - ham
  - heart
  - hot dogs labeled "low-fat"
  - kidney
  - lean ground beef
  - luncheon meat labeled "low-fat"
  - mountain sheep
  - mutton
  - pork
  - rabbit
  - squirrel

## Meat, Poultry, Fish & Dried Beans

- Poultry**
- chicken without skin
  - turkey without skin
  - wild turkey

- Fish**
- all fish, not fried
  - tuna canned in water

- Dried Beans**
- black (turtle)
  - dried lima
  - garbanzo (chick-peas)
  - lentils
  - navy
  - pinto
  - split peas
  - teparty (brown)
  - teparty (white)
  - white

## Fruits

*(fresh, frozen, canned, or dried)*

- asparagus
- beets
- boiled potatoes
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- chile
- cholla buds
- corn
- cucumbers
- green beans
- hominy
- lettuce
- lima beans
- onions
- pangi (wild artichoke)
- peas
- potatoes
- pumpkin
- spinach
- squash
- string beans
- sweet potatoes
- tomatoes
- wax beans
- wild asparagus
- wild celery
- wild mushrooms
- wild onions
- wild spinach
- wild turnips
- zucchini

- apples
- applesauce
- apricots
- bananas
- berries
- blackberries
- blueberries
- buffaloberries
- cantaloupes
- cherries
- chokecherries
- currents
- desert hackberries
- figs
- frozen fruit juice bars
- grapes
- grapefruits
- juneberries
- kiwis
- Navajo melons
- oranges
- peaches
- pears
- pineapples
- plums
- pomegranates
- prickly pears
- prunes
- rose hips
- sandcherries
- strawberries
- watermelons
- wild bananas
- wild grapes
- wild strawberries

All juices and sauces made from vegetables and fruits

## Breads, Rice, Pasta & Cereals

### Breads

- ash breads
- bagels
- corn tortillas
- French toast
- kabubu bread
- kneel-down bread
- oven bread
- pancakes
- pita bread
- sandwich buns
- soba
- taca shells
- waffles
- wheat (pinole)
- yeast breads

### Crackers, Cookies, Cakes

- air-popped popcorn
- alkaad (puberty cake)
- animal crackers
- cookies labeled "low-fat"
- Cracker Jacks
- fig bars
- ginger snaps
- graham crackers
- pretzels
- rice cakes
- saline crackers
- vanilla wafers

### Rice & Pasta

- brown, white, and wild rice
- macaroni
- spaghetti

### Cereals

- all cereals
- blue cornmeal mush
- yellow cornmeal mush

## Milk, Cheese & Yogurt

### Milk

- (fresh, canned, or dried)*
- fat-free – skim
  - low-fat – 1%
  - fat-free – skim chocolate
  - low-fat – 1% chocolate
  - skim evaporated
  - buttermilk

### Cheese

- siting
- low-fat cottage cheese
- part-skim mozzarella
- farmer cheese
- processed cheese spread
- cheese labeled "low-fat"

### Yogurt

- low-fat yogurt
- low-fat frozen yogurt



## Family Challenge #3

**NOTE:** Postcards may also be mailed directly home to families.

*The following items are distributed by the teacher:*

Postcard #3

Family Challenge #3/Favorite Snacks

Food Label Information/Key Words on Food Labels

Seven Ways to Size Up Your Servings

Everyday Snacks

Envelope for Materials

## “ Choose Lower Fat Foods and Low Fat Milk! ”

### POSTCARD #3

Photograph: Native plants (saguaro cacti & octillo) near Window Mountain

#### Benefits of Choosing Lower Fat Foods and Low Fat Milk:

- ♥ Gives you the energy you need to work and play hard.
- ♥ Can help you keep fit 'n trim.
- ♥ May lower your risk of diabetes and heart disease.

#### Suggestions to Help Your Family Choose Lower Fat Foods and Low Fat Milk:

- \* Remember to drain cooked ground meat and rinse it with hot water.
- \* Buy 1% or skim white or chocolate milk.
- \* Buy snacks that are labeled “low fat.”



#### FAMILY CHALLENGE #3

- Look over the Food Label Information, Servings, and Everyday Snacks sheets.
- List your family's favorite snack foods on your Challenge #3 sheet, and then write down the amount of fat per serving in each of the snack foods.
- Circle all of the snack foods that contain **3 g of fat or less per serving**.
- Challenge your family to choose only Everyday Snacks to eat this week.

#### After you complete your Family Challenge #3:

- Sign the challenge sheet.
- Be sure your fifth grader takes the sheet back to the classroom to help him or her qualify for the special reward!

---

*(Photograph of Native Plants near Window Mountain)*

## Family Challenge #3

The Pathways message on Postcard #3 is:

“ \_\_\_\_\_ ”

Our family has looked over the information on the Food Label Information, Seven Ways to Size Up Your Servings, and Everyday Snacks sheets. We have listed our favorite snacks on the back of this challenge sheet, along with how much fat there is in each serving of the snack. We have circled all of the Everyday Snacks that contain **3 g of fat or less per serving**.

We now set a goal to try to choose only Everyday Snacks to eat during the next week. Some of these Everyday Snacks include:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(Date)

\_\_\_\_\_

(Fifth Grader's Signature)

\_\_\_\_\_

(Adult Family Member's Signature)

### ? ? ? Postcard #3 Mystery Photo ? ? ?

What is the photo on the front of this postcard? \_\_\_\_\_

Where do you think the photo was taken? ✓ your answer

- Akimel O'odham (Gila River Indian Community) / Tohono O'odham
- Dee' (San Carlos Apache Tribe) / Ndee' (White Mountain Apache)
- Dine' (Navajo Nation)
- Oglala Lakota (Oglala Sioux Tribe) / Sicangu Lakota (Rosebud Sioux Tribe)

**When you have completed BOTH sides of this challenge sheet, be sure to have your fifth grader return it to his or her classroom teacher.**

# Favorite Snacks

**Directions:**

- List your favorite packaged snacks in the chart below.
- Read the **Nutrition Facts** label on each snack's package to find out how many grams (g) of **Total Fat** are in each serving of the snack.
- Write the number of grams next to the snack.
- Circle all of your snacks that contain **3 g of fat or less**.

Name of Snack	Number of grams (g) of Total Fat
example: <i>corn chips</i>	<i>9g</i>
example: <i>pretzels</i>	<i>1g</i>

# Food Label\* Information

Food label title

Number of grams (g) of fat in each serving of this food

Nutrients affecting your health with the amount in grams (g) or milligrams (mg) listed

Daily amounts of nutrients based on 2000 and 2500 calorie daily food intake

<b>Nutrition Facts</b>			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
<b>Amount Per Serving</b>			
Calories 90	Calories from Fat 30		
		% Daily Value*	
<b>Total Fat</b> 3g			5%
Saturated Fat 0g			0%
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 300mg			13%
<b>Total Carbohydrate</b> 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A 80%	Vitamin C 60%		
Calcium 4%	Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrates 4	Protein 4	

Serving size stated in commonly served portions

Daily Value is a guide to a day's intake of each nutrient

% Daily Value shows each nutrient in this food product as part of a 2000 calorie daily intake. For example, this product provides 5% of the Daily Value of fat per 1/2 cup serving

\*Sample Label Only

# Key Words on Food Labels

“Fat Free” — No fat (or only a very little amount of fat).

“Low-Fat” — 3 grams (g) or less of fat per serving.

“Low-Calorie” — 40 calories or less per serving.

“Reduced  
or less” — 1/4 less fat or calories than the regular product.


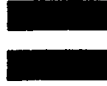
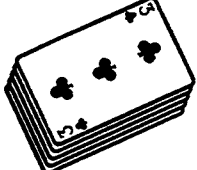
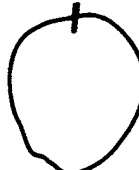

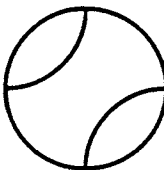
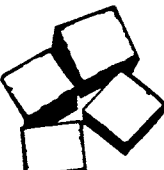

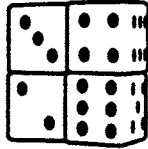


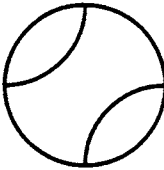



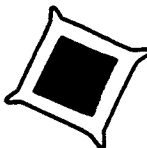

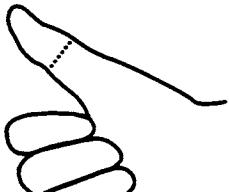
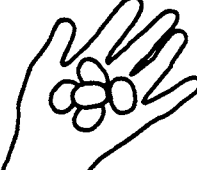






“Light” — 1/3 less calories or no more than 1/2 the fat of the higher-calorie, higher-fat version.



# SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

<p><b>1</b> 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>			
<p><b>2</b> A medium apple or peach is about the size of a tennis ball.</p>			
<p><b>3</b> 1 oz of cheese is about the size of 4 stacked dice.</p>			
<p><b>4</b> 1/2 cup of ice cream is about the size of a racquetball or tennis ball.</p>			
<p><b>5</b> 1 cup of mashed potatoes or broccoli is about the size of your fist.</p>			
<p><b>6</b> 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>			
<p><b>7</b> 1 ounce of nuts or small candies equals one handful.</p>			<p><b>1 oz.</b></p>
<p><b>MOST IMPORTANT</b> Especially if you're cutting calories, remember to keep your diet nutritious.</p>	<p> 2-4 servings from the Milk Group for calcium</p> <p> 2-3 servings from the Meat Group for iron</p>	<p> 3-5 servings from the Vegetable Group for vitamin A</p> <p> 2-4 servings from the Fruit Group for vitamin C</p> <p> 6-11 servings from the Grain Group for fiber</p>	



# Everyday Snacks

## Fruits & Vegetables

- Fresh fruits
- 100% fruit juices
- Canned fruits
- Dried fruits
- Frozen 100% fruit juice bars
- Fresh vegetables
- Vegetable juices

## Milk, Yogurt & Cheese

- String cheese
- Low-fat yogurt
- Low-fat dip
- Low-fat – 1% milk
- Fat-free – skim milk
- Frozen low-fat yogurt
- Low-fat ice cream

## Breads, Rice, Pasta & Cereals

Pretzels	Cookies labeled "low-fat"
Animal crackers	Rice cakes
Crackers labeled "low-fat"	Air-popped popcorn
Graham crackers	Chips labeled "low" or "non-fat" – like potato, corn. and tortilla
Fig bars	Granola bars labeled "low-fat"
Ginger snaps	Cereals
Vanilla wafers	



## Family Challenge #4

**NOTE:** Postcards may also be mailed directly home to families.

*The following items are distributed by the teacher:*

Postcard #4

Family Challenge #4/Pathways Points

Envelope for Materials

**“ Sharing the Best of Pathways! ”**

**POSTCARD #4**

Photograph: Bear Butte

**Pathways Pointers for You and Your Family to Remember:**

- ♥ Challenge Yourself Physically.
- ♥ Choose a Variety of Everyday Foods and Beverages.
- ♥ Exercise with Family and Friends.
- ♥ Eat Lower Fat Foods and Drink Low Fat Milk.
- ♥ Do Something Active Every Day.
- ♥ Eat More Fruits and Vegetables.



**FAMILY CHALLENGE #4**

- Look over the list of six Pathways Pointers.
- Think of ways you and your family can continue to do at least three of these pointers after Pathways has ended.
- List the ways you thought of on the back of your Challenge #4 sheet.

**After you complete your Family Challenge #4:**

- Sign the challenge sheet.
- Be sure your fifth grader takes this final sheet back to the classroom to help him or her qualify for the special reward!

***Thank you for participating in Pathways. Good health to you and your family!***

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*(Photograph of Bear Butte)*

## Family Challenge #4

The Pathways message on Postcard #4 is:

“ \_\_\_\_\_ ”

Our family has looked over the six Pathways Pointers listed on the fourth and final postcard. We have thought about ways we can continue to do these after Pathways has ended.

We now set a goal to continue to do some of these Pathways Pointers, and on the back of this sheet we have listed some of the ways our family will do this.

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Fifth Grader's Signature)

\_\_\_\_\_  
(Adult Family Member's Signature)

### ? ? ? Postcard #4 Mystery Photo ? ? ?

What is the photo on the front of this postcard? \_\_\_\_\_

Where do you think the photo was taken? ✓ your answer

- Akimel O'odham (Gila River Indian Community) / Tohono O'odham
- Dee' (San Carlos Apache Tribe) / Ndee' (White Mountain Apache)
- Dine' (Navajo Nation)
- Oglala Lakota (Oglala Sioux Tribe) / Sicangu Lakota (Rosebud Sioux Tribe)

**When you have completed BOTH sides of this challenge sheet, be sure to have your fifth grader return it to his or her classroom teacher – along with the Pathways Family Program Evaluation.**

**Thank you for participating in Pathways!**

# Pathways Pointers

Put a ✓ by at least three of the pointers you will continue to do after Pathways ends, and then write down one or two things your family will try to do to achieve them:

**Challenge Yourself Physically**

Our family will do this by: \_\_\_\_\_

\_\_\_\_\_

**Choose a Variety of Everyday Foods and Beverages**

Our family will do this by: \_\_\_\_\_

\_\_\_\_\_

**Exercise with Family and Friends**

Our family will do this by: \_\_\_\_\_

\_\_\_\_\_

**Eat Lower Fat Foods and Drink Low Fat Milk**

Our family will do this by: \_\_\_\_\_

\_\_\_\_\_

**Do Something Active Every Day**

Our family will do this by: \_\_\_\_\_

\_\_\_\_\_

**Eat More Fruits and Vegetables**

Our family will do this by: \_\_\_\_\_

\_\_\_\_\_



## **Process for Ordering Food/Supplies for Classroom Snacks and Snack Packs**

1. All food for classroom snacks and Family Snack Packs must be handled through the school kitchen with regard to food safety concerns.
2. Each school determines a Lead Teacher at the curriculum training.
3. The role of the Lead Teacher is to work with the other teachers to determine the date for the snack preparation activities in the classroom and coordinate the Food Requisition forms with other teachers.
4. Each classroom teacher is to complete the appropriate Food Requisition form for a snack preparation activity and give four copies of the form to the lead Teacher at least three (3) weeks before the snack activity in the classroom.
5. The Lead Teacher distributes these four copies as follows:
  - File Copy
  - Classroom Teacher
  - School Food Service Manager
  - Pathways Food Service Coordinator
6. The Lead Teacher at each school meets with the school Food Service Manager and the Pathways Food Service Coordinator (if necessary) at least three (3) weeks before the activities using the prepared Food Requisition Form.
7. The school Food Service Manager will order the food.
8. The Lead Teacher will check with the Food Service Manager two days before the classroom activity to confirm that the food is available and establish the best time to send a student(s) to pick up the food items.
9. The Lead Teacher communicates with the classroom teacher to coordinate all these activities.



## Planning Overview

### Grade 5 Food and Snack Activities

This is a table to help the teacher with the planning for nutrition activities and in the ordering of foods and supplies for the classroom snacks and snack packs. These items are in the reminder boxes in each corresponding lesson; however, this checklist may be useful as an overview. Fill in the dates so you know when and how to plan for your curriculum food activities.

Lesson	Date	Planning for Lessons
Week 1, Part A		<ul style="list-style-type: none"> <li>Order foods and supplies for the Food Stations in Week 3, Part A.</li> </ul>
Week 1, Part B		<ul style="list-style-type: none"> <li>Ask students to bring in empty food packages or containers from home and place them in an assigned area of the classroom for Week 3, Part A.</li> </ul>
Week 2, Part A		<ul style="list-style-type: none"> <li>Contact Food Service and Pathways staff to select the food(s) and plan for preparation and/or tasting of the Pathways Nations Food in Week 5, Part A.</li> <li>Check with food service staff to be sure foods/supplies for the Food Stations in Week 3, Part A will be ready.</li> <li>Remind students to bring in empty food packages for Week 3, Part A.</li> <li>Place a sign and a box in the office or teacher's lounge for staff to contribute empty food packages.</li> </ul>
Week 2, Part B		<ul style="list-style-type: none"> <li>Remind students to bring in empty food packages for Week 3, Part A.</li> <li>Place a sign and a box in the office or teacher's lounge for staff to contribute empty food packages.</li> </ul>
Week 3, Part A		<ul style="list-style-type: none"> <li>Write thank you notes to teachers who helped collect empty food packages.</li> <li>Order foods for Week 7, Part B, Fruit and Vegetable Snacks.</li> </ul>
Week 4, Part B		<ul style="list-style-type: none"> <li>Check with food service staff to be sure that the selected Pathways Nations Food will be ready in Week 5, Part A.</li> </ul>
Week 5, Part A		<ul style="list-style-type: none"> <li>With assistance from food service and/or Pathways staff, present at least one Pathways Nations Food in Activity #2 for preparation and/or tasting.</li> </ul>
Week 5, Part B		<ul style="list-style-type: none"> <li>Use empty food packages saved from Week 3.</li> <li>Optional: Use teaspoons, shortening, plastic cup for measuring fat.</li> </ul>
Week 6, Part B		<ul style="list-style-type: none"> <li>Check with food service staff to be sure the fruit and vegetable snacks will be ready in Week 7, Part A.</li> <li>Use empty beverage containers for label reading from Week #3.</li> <li>Check materials for food items to compare amounts of fat (raw potato, frozen french fries, potato chips) in Week 7, Part A.</li> </ul>
Week 7, Part A		<ul style="list-style-type: none"> <li>Present 3 fruits and 3 vegetables for taste testing.</li> <li>Optional - paper hats and aprons for this taste testing activity.</li> </ul>