



Family Pack: Week 10

Week 10 envelope includes the following items:

Guess the Fat Game Sheet
Food Label Information Sheet
All Aboard the Bumpityville Bus
Cracker Creations Recipe Card
4th Grade Return Card: Week 10

Items students should put into their own bag:

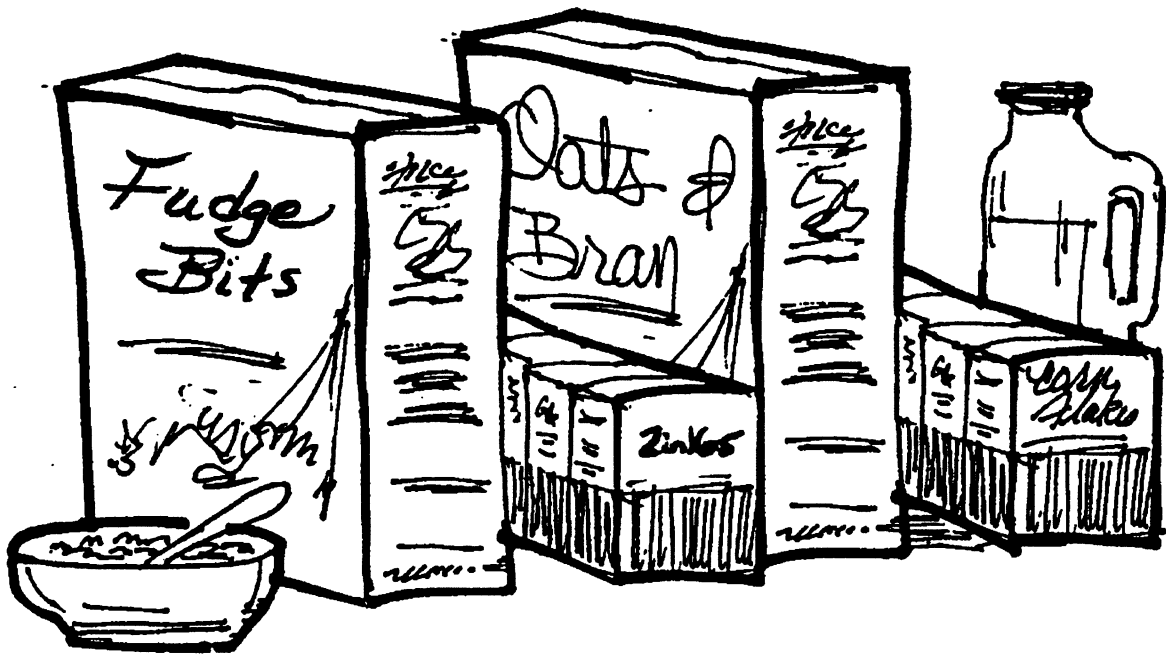
Family Pack: Week 10 Envelope	1
Saltine Crackers	1 – 8 oz. box
Jam or Jelly	4 – indiv. packets
Banana	1

Guess the Fat Game

Fourth Grader: Get your family team together and see if they can guess which foods have more fat than others.

Select 4 or 5 foods in bags, boxes, cartons, or other packages in your family's kitchen. Line up the food items on the table and ask your family to guess the order of the foods which contain the least fat to the most fat.

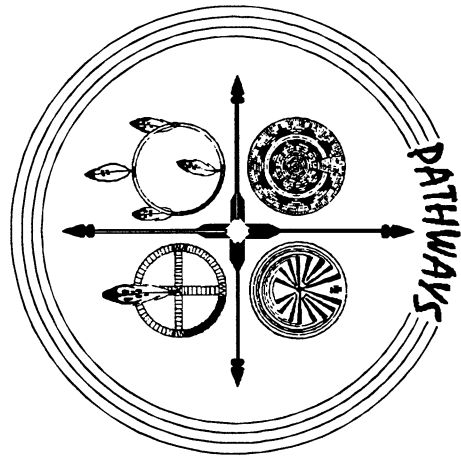
After your team has guessed the order, tell them the correct order and show them how to read the **Total Fat** per serving on the **Nutrition Facts** label on food packages.



Week 10

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Family Pack



(Student's Name)

Week 10

Food Label* Information Sheet

Food label title. —

Nutrition Facts

Serving Size 1/2 cup (114g)

Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 12%

Sugars 3g

Protein 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.

The 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.

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.

*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.

All Aboard the Bumpityville Bus

Fourth Grader: Lead your family team in this new activity you learned this week! Read aloud all of the words printed in **bold**.

Begin by saying to your team:

Let's go on a bus ride!

Let's go to the bus stop and wait for a bus.

Pretend you are walking.

Tap your heels and cross your arms, look at your watch, and say:

This bus is really late! I wonder what bus is coming next?

Look up and then, yell:

Here come the bus! It's the Bumpityville Bus! Team, get ready for a ride of a lifetime!

Wait a second! Look, there is no bus driver! I guess we'll have to drive the bus ourselves! Let's put on our official bus driver's hat and let everyone board the bus.

Take your seat.

Motion your team to sit down and pretend to put on their official driver's hat.

Start your engines. All aboard who going aboard the Bumpityville Express!

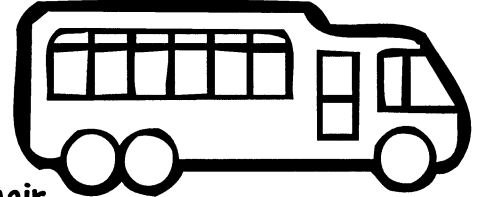
Pretend to close the door of the bus and begin to drive.

OK, team, we're heading out of town. Is everyone comfortable? OK!

Look! a dead end! Do we turn right – to the nice, smooth road?

Make a movement to the right, leaning over the side of your chair.

Or, do we turn left?



Make a movement to the right, leaning over the side of your chair.

And go onto the really bumpy, mysterious, awesome road?

Ask your team to choose which road.

To the – name the direction right or left that your team chose. Let's go!

Show your team how they should be turning a huge steering wheel to the right or the left, which ever direction they chose.

Look! The sign up ahead says this road goes to Bumpityville. What kind of name is that?

This road is getting bumpier and bumpier.

Keep jumping up and down in your chair, as you pretend to drive the bus. Have your team jump up and down with you as they are driving with you.

Look out! A big pot hole in the road! Oh no!

Spring into the air, come back down on your chair, then spring back into the air and down again, Do this several times. Your team should be springing with you.

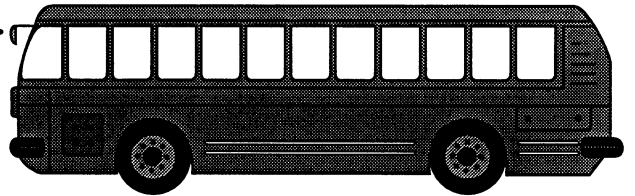
Wow! What a pot hole! Is everyone still with us? Let's keep on going.

Keep jiggling in your seat as you are driving along.

Look, team! Up ahead, it's a big, huge – name an animal – in the middle of the road! Let's honk the horn and warn the – name the animal you chose – to move!

Wave your arms and pretend to be honking the horn.

HONK! HONK!



Oh, no! The – name the animal you chose – is not moving! Quick! Turn the bus to the left.

Lean to the left and pretend to be turning and turning and turning the steering wheel.

Turn the bus to the right.

Lean to the right and pretend to be turning and turning and turning the steering wheel.

Turn the bus to the left again.

Lean to the left and pretend to be turning and turning and turning the steering wheel.

Turn the bus to the right again.

Lean to the right, and pretend to be turning and turning and turning the steering wheel.

Stop the bus!

Put your foot out in front of you like you are stomping on the brake pedal of the bus.

Is everyone OK? Looks like we made it to Bumpityville and Beatrice, the official – name the animal you chose –, is here to welcome us!

Good Job!

Cracker Creations

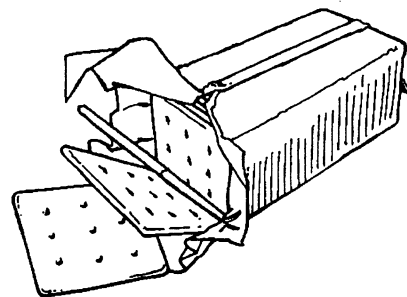
Top saltine crackers with Everyday Foods!

Try these toppings on crackers:

1 teaspoon of jam or jelly, then add some fresh fruit – like a banana slice or raisins

1 teaspoon of applesauce or canned fruit

1 teaspoon of low-fat cottage cheese, then add slices of fresh vegetables –
like cucumbers, carrots, green peppers, chilies



Cracker Creations

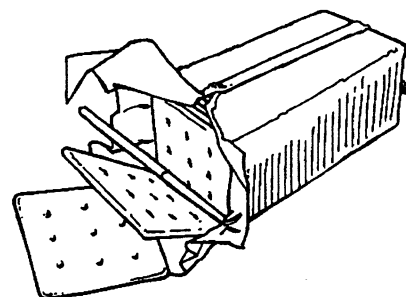
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Week 10

Pathways Family Pack 4th Grade Return Card

Week 10

Our family completed the Week 10 Family Pack! ☐ YES ☐ NO

What food did you find had the least amount of fat when you played the *Guess the Fat* game? _____

Student Name (Print)

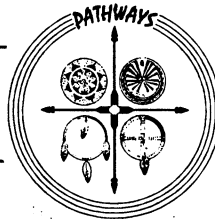
Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher. _____

Teacher's Name



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