



## Eat to Live II

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### Suggested CHEC-out activities

#### Book

- “Our Overweight Children: What Parents, Schools and Communities Can Do to Control the Fatness Epidemic,” Dalton, Sharron, University of California Press, 2005.

#### Web sites

- American Dietetic Association,  
[www.eatright.org](http://www.eatright.org)
- U.S. Department of Health and Human Services,  
[www.healthierus.gov](http://www.healthierus.gov)
- USDA,  
[www.mypyramid.gov](http://www.mypyramid.gov)
- Dole Food Company, Inc.,  
[www.dole5aday.com](http://www.dole5aday.com)
- National Dairy Council,  
[www.nationaldairy council.org](http://www.nationaldairy council.org)
- KidsHealth,  
[www.kidshealth.org](http://www.kidshealth.org)

### 1 Fast food facts

Ask students to obtain the nutrition facts from each fast food restaurant they visit. Notice that some restaurants have this information readily available and others do not. Once the class has obtained nutrition information from at least four to six restaurants have them analyze the information. Are there healthier choices at each restaurant? If not, have students create healthier menu options for each restaurant.

### 2 My Pyramid

Have students visit [www.mypyramid.gov](http://www.mypyramid.gov) and explore the web site. MyPyramid Plan can help assess how much food students need to maintain or lose weight. Using MyPyramid tracker they can track their food intake and exercise habits. Encourage them to do so for at least one week.

### 3 Healthy recipe search

Have students search for healthy recipes on the Internet. Many of the websites listed under resources include healthy recipes. Encourage students to try making one of the recipes with the help of an adult at home.

### 4 Nutrient research

Divide students into small groups and assign each group a nutrient to research. Have students present their findings to the class. Make sure each group includes what foods the nutrient can be found in and what the nutrient does for our bodies.