

CHECK LIST

Lesson #2: Fuel Up With Whole Foods, Close to their Source

1. Script

2. Props

- Empty carton of milk
- Empty carton of high-quality plain yogurt – one with few ingredients that has “whole milk” listed first
- Empty carton of low-quality yogurt – one with lots of added ingredients
- Box of yogurt bars with lots of added ingredients

3. Supplies:

- Cooler with ice for keeping frozen items chilled

3. Handouts

For students:

- Comparison activity for in-class activity

For parents:

- Grill Me About

For teacher:

- Teacher packet

4. Optional Food Sample

- Food preparation instructions
- Serving supplies