

# Welcome

# Nutrition Detective



Your mission is nutrition. **Let's uncover the facts!**

## Group Discussion

Engage the class in a discussion of the kinds of foods they and their families typically eat.



### Examples for grades 4-5

- How many times a week does your family go to the grocery store?
- What is a quick, healthy snack?
- How many servings of fruits and vegetables should we eat each day?
  - Let's name some citrus fruits.
  - Let's name some vegetables tropical berries.



### Suggestion

You can break the discussion into different meal focus like breakfast, lunch and dinner, or snacking.

#### Examples:

- What do you like to eat for breakfast?
- What is a healthy after-school snack?
- What's a good energy food for your lunch box?



### Examples for grades 6-7

For children in grades 3-5, the discussion can go a little deeper.

- Ask them to name special foods or dishes that are part of their family tradition or culture.
- Talk about whether or not they think those foods are healthy and why.
- Ask if anyone has friends or family members with a special health condition or food allergy, and how that affects what they can or cannot eat.
- Talk about how nutrition labels and packaging can help you choose the right foods.
- Discuss the difference between all natural, whole grain and organic on package labels.



### Suggestion

To help facilitate this discussion, package labels and nutrition facts can be viewed on [peapod.com](http://peapod.com).

- Some people have to eat very carefully because of health conditions or food allergies.
- Do you know how people with celiac disease eat? (gluten free)
- What about people with diabetes? (sugar free)

## Hand out the Nutrition Detective's Report (take-home worksheet)

- Briefly review the questions on the sheet, tell younger children to ask a grownup at home to help them online. ....And tell everyone to have fun being Nutrition Detectives!
- Reminder: If you are not in a Peapod market area, tell children to use the zip code 60077 to enter the site. (note: this is also included on their worksheet)
- Instruct children to bring back their completed worksheets to discuss in class, so that they can earn their Nutrition Detective Badges.

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# Nutrition Detective's

# REPORT

Welcome, Detective! Your mission is nutrition:  
**Let's start to uncover the clues!**

Different kinds of foods have different kinds of nutritional benefits. Everyone has certain nutritional needs and some of us have special dietary needs. Everyone needs to eat right for their health. But eating well doesn't have to be difficult, or expensive.

**First, talk to your family and then together go online to [www.peapod.com](http://www.peapod.com). You'll discover how your family's food adds up.**



**Hint:** You'll need to enter your zip code to enter the Peapod site. If you are not in a Peapod delivery area, just use the zip code 60077.



## Step 1: Gather the Facts

All kinds of foods have ingredients and nutrients in every bite. Some are good for you and some are not. It's good to know as much as you can about what you eat.

What kind of breakfast do you like to eat?  
(e.g. hot or cold cereal, juice or waffles)

\_\_\_\_\_

What kind of ingredients or nutrients are in your breakfast?

List 3 here:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write in the cost of your breakfast item(s):

\$ \_\_\_\_\_ . \_\_\_\_\_

\$ \_\_\_\_\_ . \_\_\_\_\_

\$ \_\_\_\_\_ . \_\_\_\_\_

\$ \_\_\_\_\_ . \_\_\_\_\_

**Total** \$ \_\_\_\_\_ . \_\_\_\_\_



**Hint:** You can check nutrition facts, labels and pricing to find the answers.



## Step 2: Interview a Witness

Everyone has some kind of special nutritional need or just a favorite kind of healthy food. Some of us have to reduce calories, sugar or fat. Some even have food allergies.

Does someone in your family need to eat in a special way to stay healthy?

What kind of special food do they need to eat?

\_\_\_\_\_

What would be a good snack for this person to eat?

\_\_\_\_\_



**Hint:** You can use the Peapod search bar to help you find the answers.



## Step 3: Get the Evidence

Your investigation is going great! Now let's write down some more important information about what you found.

How many calories are in your breakfast? \_\_\_\_\_

What does your breakfast cost? \_\_\_\_\_

What is the price of the special food item from your interview question? \$ \_\_\_\_\_ . \_\_\_\_\_



## Step 4: Make Your Case

Now you know a little more about the nutritional value of what your family eats \_\_\_\_\_ .

Did you discover a new food that you'd like to try? Name a new food that you might eat to stay fit and healthy.

\_\_\_\_\_

## Congratulations! You're a Nutrition Detective!

Return this worksheet to receive your reward.

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