

Katie Kazoo Classroom Crew

You Are What You Eat

We all know that food is a big subject in the Katie Kazoo, Switcheroo books. In fact, food is practically the whole cause of the ruckus in *Out to Lunch*. Lucille, the lunch lady, complains to Mr. Kane about the meals she serves in the school cafeteria:

"I wouldn't call it 'perfectly good food.' It's terrible food. We need to give those kids fresh fruits and vegetables, and there needs to be more choices on the menu. I can understand why the kids treated the food like garbage. It is garbage."

Later, Katie tells Suzanne: "The food is really gross. We should have healthier stuff to eat."

Your Katie Kazoo Classroom Crew can mount a campaign to get your friends eating healthy foods. That way, even when you add a few extra sweets, your body will have the nutrition it needs.

Review the U. S. Department of Agriculture's food pyramid to see the daily recommended amounts of food to eat from each food group. You'll notice that the sections of the pyramid are different sizes. Which food groups are the healthiest? Which food group should you try to cut down on?

Now that you know what you ought to be eating, take a look at what you are eating each day. You'll find that most packaged foods list the amounts of fat, carbohydrates (including sugar), and protein per serving, and the calories from each. Another important item listed is the amount of salt (sodium).

The next page will help you keep a record of just what you're eating. Read the food labels to fill in the diary provided. We've included a sample entry in the diary. Make as many copies as you need for each day in the week or month that you will be logging in your food intake.

After three or four days, with your teacher or parents, take a look at how you're doing. If you're not eating enough fruits, add more on a daily basis. If you're too heavy on meat, cut back a little. Take special notice of the foods that are advertised as healthy. There's a lot of junk food parading around as "good for you." And, do you really want to eat that super-sized portion of French fries? Your new awareness of healthy eating will help you resist. And Katie would want you to take good care of yourself.



