Cafeteria Line Messages
High Quality versus Low Quality Food, Grade 7

Message Pair #1
QUESTION: What information can you get from a Nutrition Facts Label?
ANSWER: Serving size, calories, and fat grams, just to name a few!

Message Pair #2
QUESTION: True or False?
A portion of chips would be listed on the Nutrition Facts Label as a serving size.
ANSWER: TRUE: A serving size of chips is usually about 12 chips. (Count ‘em up next time.)

Message Pair #3
QUESTION: How do we measure the fuel in the foods we eat?
ANSWER: Calories are a measure of the fuel, or energy, we get from the different foods we eat.

Message Pair #4
QUESTION: How much fat is in a large serving of French fries?
ANSWER: A large order of French fries has about 8 teaspoons of fat!

Message Pair #5
QUESTION: Why should you eat food rich in fiber?
ANSWER: Fiber from whole grains, fresh fruits, and vegetables can help you feel full without extra calories.

Message Pair #6
QUESTION: Toppings on food taste great! Which toppings are healthier choices?
ANSWER: Low fat salad dressings, salsa, and low-fat or non-fat cheese are all good choices.

Message Pair #7
QUESTION: True or False?
“Extra crispy” and “crispy” are secret code words for fried.
ANSWER: TRUE. Fried meat and veggies are dipped, breaded, and fried in fat, which makes them have more calories than the same food served baked or grilled.

Message Pair #8
QUESTION: A food can have added sugar without sugar listed as an ingredient. Where is the sugar hiding?
ANSWER: Check the Nutrition Facts Label list on snack foods, candy, and sodas for added sugar in the list of ingredients. Sugar can be listed as: High Fructose Corn Syrup, Dextrose, Corn Syrup, and Fructose.

Message Pair #9
QUESTION: True or False?
All fast food is packed with fat and calories!
ANSWER: FALSE. Most fast food is higher in calories, but salads, a small sandwich, and low-fat milk can be good fast food choices.
Message Pair #10
QUESTION  How can snacking be a part of your healthier diet?
ANSWER  Choose snacks like string cheese, berries, and graham crackers for extra vitamins and minerals. They are tasty alternatives to more fatty snacks, like chips and cookies.

Message Pair #11
QUESTION  True or False?
The calories in drinks do not count as much as calories in solid foods.
ANSWER  FALSE. A calorie is a calorie, whether it is in liquid or solid food. So choose your drinks wisely, like water and skim milk.

Message Pair #12
QUESTION  Which snack has more nutrition and less calories: popcorn or cheese crackers?
ANSWER  Four cheese crackers or 2 cups of popcorn both have about 80 calories, but the popcorn will have more fiber. It’s your choice!

Message Pair #13
QUESTION  How can you “power up” for an active day?
ANSWER  Eat a balanced breakfast and take a brisk 10 minute walk to start your day off right!

Message Pair #14
QUESTION  How many calories will you burn while jumping rope for 10 minutes in your PE class?
ANSWER  You will burn about 100 calories jumping rope for 10 minutes. That’s 10 calories a minute!

Message Pair #15
QUESTION  If your pedometer reads “2000 steps,” about how far did you walk?
ANSWER  For most people in middle school, 2000 steps is about ONE MILE! So keep up the good work.