

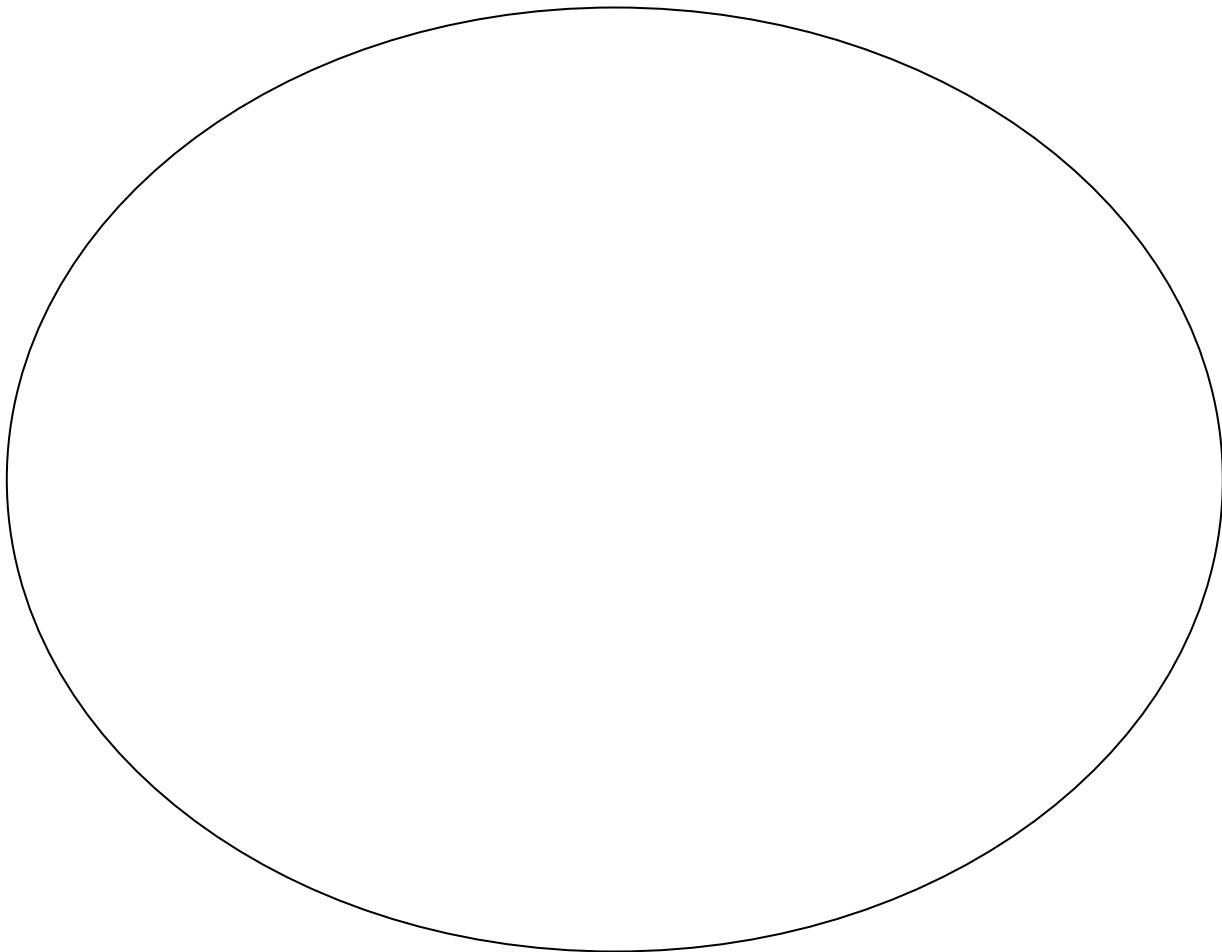
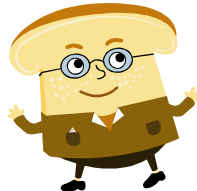
# WORKSHEET LIST:

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# Silly Snacks!

Create a snack that has a fruit and/or vegetable and at least 1 other food from the healthy food groups.

Draw the picture on the plate and name your snack.



Name your Snack: \_\_\_\_\_

What is it made with? \_\_\_\_\_

\_\_\_\_\_

# COMMERCIAL MANIA!



The next time you watch TV, track the number of commercials you see for the following products during a 30-minute show.

Type of Ad	Check for Each Ad	Total Number
<b>EXAMPLE:</b> Soda		3
<b>Sweet Drinks:</b> Soda, Fruit Punch, Sports drinks		
<b>Healthy Drinks:</b> Milk, Water or 100% Fruit or Vegetable Juice		
<b>Slow Foods:</b> Sweets like candy, cookies, pudding, snack foods like chips, nachos, and sugary cereals		
<b>Super Foods:</b> Fruits, vegetables, whole grain crackers or cereal, yogurt, cheese		
<b>Fast Food or Pizza Restaurant</b>		
<b>Toys:</b> Action toys, Video games or movies		
<b>Sports equipment</b>		

Circle the number of ads for healthy drinks,  
Go foods and sports equipment

# COMMERCIAL MANIA!

**Dear Parent,**

Your child has been asked to complete the following "Commercial Mania" worksheet during a time when he or she normally is allowed to watch T.V. (for instance, on a Saturday morning). We will talk about this activity next week in the after school program. It is part of a lesson that teaches children how to choose healthy snacks. Counting TV commercials will help children understand that most foods and drinks advertised on TV are low in nutrition and high in sugar and/or unhealthy fat. They will also see ads for videos or other games that keep children from being active.

If your child does not watch TV, please do not turn the TV on for the sake of this lesson! As a reminder, the American Academy of Pediatrics strongly urges parents to limit the time children spend watching TV or videos (2 hours at the most!) and to monitor the type of programs viewed.

If you have any questions about this, or other **Food & Fun** activities, please ask!

[Insert your name and phone number]

[Insert your Program's name]

## Estimados Padres:

Se le ha pedido a su hijo/a que complete la siguiente hoja de trabajo, "Manía Comercial", en el horario en que normalmente se le permite ver televisión (por ejemplo, un sábado en la mañana). La semana entrante hablaremos sobre esta actividad en el programa después de clases. Es parte de una clase que enseña a los niños cómo seleccionar meriendas saludables. El contar comerciales en la televisión ayudará a los niños a comprender que la mayoría de las comidas y bebidas anunciadas son bajas en nutrición y altas en azúcar y/o grasas no saludables. También verán comerciales para videos u otros juegos que son inactivos.

Si su hijo/a no ve televisión, ¡por favor, no la encienda a causa de esta lección! A manera de recordatorio le informamos que la Academia Americana de Pediatría recomienda a los padres que limiten al tiempo que los niños pasan viendo televisión o videos (a 2 horas como máximo) y a supervisar el tipo de programas vistos.

Si tiene alguna pregunta sobre esta u otra de las actividades de **Food & Fun**, no dude en preguntarme.

[Insert your name and phone number]

[Insert your Program's name]