

Activity Sheet

Analyzing What Was Served Today

Begin by writing down what was served to the children in your program for breakfast, lunch and afternoon snack today. Be sure to include all foods and beverages. Then answer the questions that follow. Keep this activity sheet close during the next segment of the Videoconference to see how what you wrote down adds up to the recommendations presented during the broadcast.

BREAKFAST

LUNCH

AFTERNOON SNACK

1. How many fruits were served? _____
2. How many vegetables were served? _____
3. How many fried foods were served? _____
4. How many meals were served family style? _____
5. How many times was fruit juice served? _____
6. How many times was low-fat or non-fat milk served? _____
7. How many times was water served? _____
8. How many sugar-sweetened drinks were served? _____
9. How many infants received breast milk? _____
10. How many infants received formula? _____