

# What's In My Food?

## 5210 Introduction

It can be a challenge sometimes to read and understand food labels, especially for children. This is a great way to teach children what nutritional value food items either possess or do not. Let your children explore what foods they like and do not like, what nutrition they may provide, and where they are grown or produced.

#healthychoices  
#foodlabels  
#5210HC



## Post to Social Media

Just copy, paste and post!



Food labels can help you limit the amount of fat, sugar and cholesterol in your diet by making it easier for you to compare one food item with another and choose the one with lower amounts. The ultimate goal is to use food labels to find food items with higher vitamins, fiber and protein. Share with us your ways to incorporate less sugar and fats in your diet and what techniques you may use with your children to eat healthier. To learn more about 5210 Healthy Children, visit [5210.psu.edu](https://5210.psu.edu)!



Start learning what's in your food! Use <https://bit.ly/2OQD0BY> to learn how to read food labels #5210HC #healthychoices

## Choose a Challenge

### Understanding Food Labels

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/Understanding-Food-Labels-hc.pdf>

### What are Fats?

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/Learning-about-Fats.pdf>

### Chef Hat

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/Make-Your-Own-Chef-Hats.pdf>

### Where Does My Food Grow?

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/Where-does-my-food-grow-hc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)