



Think Food! You're on a Quest!

We hear about food nutrients like carbohydrates, proteins, and fats. Many of us study the outside packaged food labels to investigate how many nutrients are included. By further exploring the foods we eat, we will be better prepared to know why we need these nutrients and what they do to help us survive, stay healthy, and live longer.

Investigate with your family!

- Why do we eat?
- Why types of foods are good for you? Bad for you?
- What should a person eat each day to stay healthy?

Materials needed:

- Computer with Internet access
- Pen and paper for notes
- Cookbooks or family recipes

Here is a list of helpful Web sites on healthy eating – what is good and bad for you, and what is recommended by nutritionists as part of our daily diets:

Food Pyramid Information – How much is “one serving”?

<http://www.ring.com/health/food/food.htm>

Healthy eating based on the Food Guide Pyramid

<http://primusweb.com/fitnesspartner/library/nutrition/pyramid.htm>

Cooking healthy

Look through cookbooks or family recipes that you have at home. You may also choose to borrow cookbooks from the library or download recipes from the Web. Create a family menu of meals and in-between-meal snacks, following the recommended food guidelines.



Meal	List of Foods	Amount of Each	What Your Body Will Use It For	Reference (Where to find the recipe)
Breakfast				
Morning Snack				
Lunch				
Afternoon Snack				
Dinner				

■ Does your menu cover all of the requirements of the food pyramid? Make a note of all of the requirements you've included:

Electronic Quest!

Looking for healthy choices for kids? Here are some Web sites loaded with recipes, health tips, and more – just for kids!

Kids Health

<http://kidshealth.org/>

Healthy Choices for Kids

<http://www.healthychoices.org/>

All Recipes for Kids

<http://www.allrecipes.com/cb/w2m/forkids/>

10 Tips for Healthy Eating for Kids

http://www.oznet.ksu.edu/ext_f&n/_timely/KIDEAT.htm

Food and Drug Administration -- Just for Kids!

<http://www.fda.gov/oc/opacom/kids/>



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