



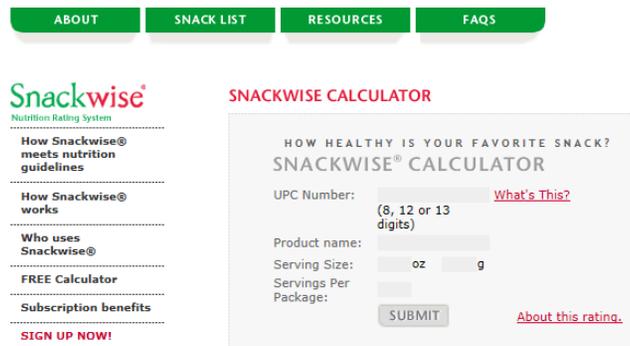
Vending Machine Snacks & SNACKING SWAPPORTUNITIES

Red snacks mean...	Yellow snacks mean...	Green snacks mean...

Directions:

1. Using the Internet resources (www.snackwise.org and click on "How Snackwise works") explain what each color rating represents in the above boxes.
2. Now choose six snack labels of products sold in our school that you think fall into the above categories (2 for each) and make predictions as to their healthfulness categories.
 - a. The 2 snacks I think are red light:
 - b. The 2 snacks I think are yellow light:
 - c. The 2 snacks I think are green light:

3. Now, go to the website: <http://www.snackwise.org> and click on the tab “Free Calculator” and use the UPC Code and Nutrition Facts information from your labels to determine the healthfulness of your snack choices. The screen should look like this...



Once that chart is completed, click “Submit” and continue to fill in the rest of the information on the second screen which looks like this...

The image shows a screenshot of the "NUTRITIONAL VALUE" form. The form is titled "NUTRITIONAL VALUE" and contains several input fields for nutritional information. The fields are: "Calories" (input field), "Total Fat" (input field with "g" unit), "Saturated Fat" (input field with "g" unit), "Trans Fat" (input field with "g" unit), "Sodium" (input field with "mg" unit), "Total Carb" (input field with "g" unit), "Dietary Fiber" (input field with "g" unit), "Sugars" (input field with "g" unit), and "Protein" (input field with "g" unit). Below these fields, there are four rows of vitamins and minerals, each with an input field and two radio button options: "IU" and "% Daily Value". The rows are: "Vitamin A" (IU, % Daily Value), "Vitamin C" (mg, % Daily Value), "Calcium" (mg, % Daily Value), and "Iron" (mg, % Daily Value). At the bottom of the form, there is a red button labeled "Rate This Snack!".

Now click, "Rate This Snack" and use your "SNIPPING TOOL" to cut the rating. Save this as a picture in your picture file and title by snack name. Do this for each snack (you will need this later). Once you have done this for all six of your snacks you are finished with this step. If you did not have a snack for each category, keep trying with other snack labels until you have all categories represented with a snack.

4. Answer the following questions in complete sentences.

- How accurate were your initial snack predictions (Step 2) in terms of healthfulness?

- What snack product ratings surprised you by either being healthier than you thought or less healthy than you thought? Explain.

5. Use this information to create a colorful, neat and informative SNACK SWAPPORTUNITY visual showing a "Best Choice" selection, a "Choose Occasionally" selection and a "Rarely Choose" selection. Be sure to include the snipped and saved rating form from the snack calculator along with a picture of each snack. The title of this visual should be "SNACK SWAPPORTUNITIES".

6. Your visual may be one of the following as long as it meets all of the required criteria: PowerPoint Slide, WORD document (sign or poster), or Microsoft Publisher Ad.

Rubric

Criteria	Present	Not Present
Visual is Titled (2)		
Includes Snacks for each rating category (6)		
Includes 3 Snack Pictures for each category (6)		
Includes 3 Snipped Ratings labels from the snack calculator for each category (6)		
Is neat, informative & colorful (4)		
Free of Spelling & Grammar Errors (5)		
Questions Answered in complete sentences (4)		
Rubric & all visuals & handouts turned in (5)		
Total Points Possible 40		

Comments: