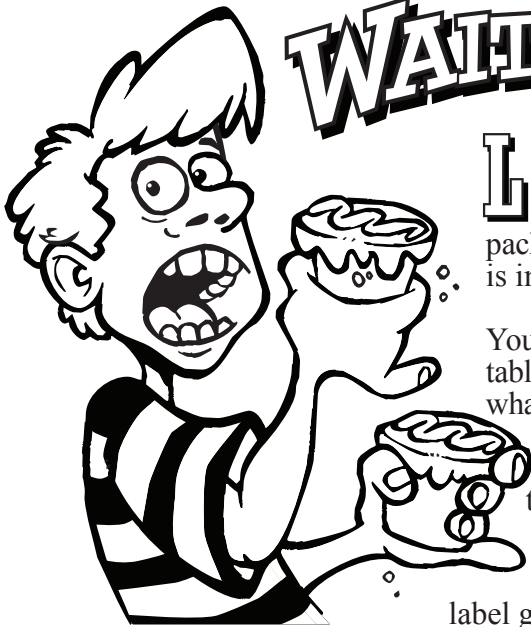


# FOOD LABELS



**WAIT!**

Before you pop that bite of food into your mouth, do you know what exactly is in it?

**L**ook for the **Nutrition Facts** label on the food's package. It will tell you what is in the food.

You know how books have a table of contents that explains what's inside? Nutrition Facts labels are like that. They tell you what's inside the food you are eating.

**T**he Nutrition Facts label gives you information

about the nutrients in the food. The Nutrition Facts label is printed somewhere on the outside of packaged food and you usually don't have to look hard to find it.

Nutrition Facts labels also tell the **percentage** provided by that food of the recommended daily amount of a nutrient. The cupcake nutrition label says one serving of these snacks provide 22% of the amount of fat recommended to be eaten in one day.

**Serving Size:** Nutrition Facts labels list a serving size, which is an amount of food such as 2 crackers, 1 cup of cereal, 2 cookies, or 5 pretzels. The nutrition label tells you how many nutrients are in *that* amount of food.

Some nutrients are measured in *milligrams*, or **mg**. Milligrams are very tiny—there are one thousand milligrams in a gram.

Most nutrients are measured in *grams*, also written as **g**.

## Nutrition Facts

Serving Size: 2 Cakes (106g)  
Serving Per Container 1

### Amount Per Serving

**Calories** 400    **Calories from Fat** 130

### % Daily Value\*

**Total Fat** 14g                      **22%**

Saturated Fat 6g                    **30%**

Trans Fat 1g

**Cholesterol** 30mg                **10%**

**Sodium** 410mg                    **17%**

**Total Carbohydrate** 67g       **22%**

Dietary Fiber less than 1g       **2%**

Sugars 51g

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

Calcium 20% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Standards Link: Health/Nutrition: Understand nutrition information (e.g., food labels).

## Help Nellie Make Her Lunch

Look through the newspaper for four or more healthy foods for Nellie's lunch. Cut them out and glue them onto a piece of paper or a paper plate. Is each food from a different food group?

Standards Link: Health/Nutrition: Classify foods and food combinations according to the food groups.





Name: \_\_\_\_\_

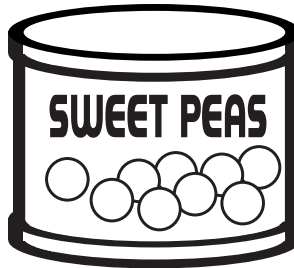
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## Nutrition Navigator Game

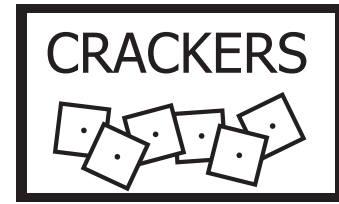
Nellie is navigating the aisles of the grocery store looking at Nutrition Facts labels. Fill in the blanks on her list.



<b>Total Fat</b> 13g	<b>21%</b>
<b>Cholesterol</b> 15mg	<b>21%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Vitamin A</b>	<b>6%</b>



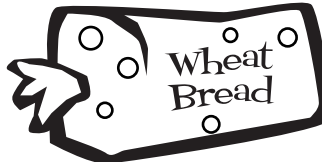
<b>Total Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Vitamin A</b> 4g	<b>16%</b>



<b>Total Fat</b> 8g	<b>12%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Vitamin A</b>	<b>2%</b>



<b>Total Fat</b> 0.5g	<b>1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Vitamin A</b>	<b>15%</b>



<b>Total Fat</b> 1g	<b>1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Vitamin A</b>	<b>0%</b>

### Half empty or half full?

Attitudes are part of mental health. Use the sports or editorial section to find examples of optimistic statements and pessimistic statements. Circle optimistic statements in **red**. Circle pessimistic statements in **blue**.

**Standards Link:** Health: Identify examples of positive and negative mental health; know that mental and physical health are connected.



Food with the highest amount of sodium: \_\_\_\_\_

Food with the highest amount of fat: \_\_\_\_\_

Food with the least amount of Vitamin A: \_\_\_\_\_

Food with the least amount of sodium: \_\_\_\_\_



## Kid Scoop Together:

# Missing Letters

*Oops! Some of the letters are missing in the article below. Can you fill in the missing letter combinations where they belong?*

## Modern Carrots

Carrots have not always b \_ \_ n the powerhouse source of vita \_ \_ n A that they are today. Sc \_ \_ ntists figured out how to pack carrots with beta-carotene – an ora \_ \_ e pigment used by the body to cr \_ \_ te vitamin A.

Scientists have also created a rainb \_ \_ of carrot colors. Now there are p \_ \_ ple, red, yellow and even white carrots. Scientists have found that plant p \_ \_ ments (colors) do a lot of g \_ \_ d things for h \_ \_ an bodies.

**ea ow ur ig**  
**oo um**  
**ee mi ie ng**

**Standards Link:** Reading Comprehension: Use context clues to determine the meaning of words.

.....

Find the two identical carrots.





## The Kid Scoop Puzzler

### What's the real deal?

Circle the coupon that offers the best buy on each product.

Price: \$1.99

75¢ OFF!

SILVERMAN'S GRANOLA BAR

50% OFF!

75¢ OFF!

Price: \$2.49

Montia's Peanut Butter CRUNCHY

BUY ONE GET ONE FREE!

Price: 90¢

Holly Acres Cling Peaches

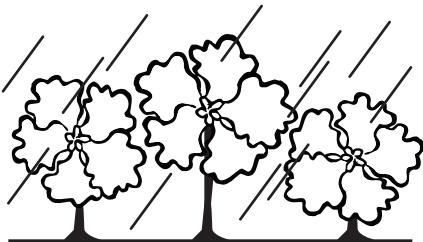
25% OFF!

25¢ OFF!

Standards Link: Math/Number Sense: Use basic and advanced procedures while performing the processes of computation.

### What a Character!™

#### Optimism is ...



... finding the silver lining in a gray cloud.

### Kid Scoop VOCABULARY BUILDERS

This week's word:

## OPTIMISTIC

The noun **optimistic** means seeing the positive side of things and situations.

Carl was **optimistic** about making the baseball team.

Try to use the word **optimistic** in a sentence today when talking with your friends and family members.





## Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.  
Then see how many of these words you can find in today's newspaper.

NUTRITION

LABEL

SERVING

CRACKER

SODIUM

PROTEIN

FIBER

ENERGY

COUPON

GRAMS

IRON

VITAMIN

STORE

DAILY

FAT

N R D R Y G R E N E

I G A E L S T O R E

E R I K E E I A R N

T A L C D T B E T I

O M Y A I H B A E M

R S E R V I N G L A

P L T C F A R B E T

M U I D O S L O A I

N O P U O C S F N V

**Standards Link:** Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

# When emergencies happen, we've got you covered.

Whatever your family's emergency need, St. John Providence has several emergency and urgent care locations. Or, if you need a physician for ongoing medical needs, please call Health Connect at 866-501-DOCS (3627).



## 24/7 Emergency locations

**St. John Macomb-Oakland Hospital Macomb Center**  
11800 E. 12 Mile (at Hoover), Warren  
586-573-5059

**Oakland Center**  
27351 Dequindre (N. of 11 Mile)  
Madison Heights  
248-967-7660

**St. John Hospital and Medical Center**  
22101 Moross (at Mack), Detroit  
313-343-3400

**Providence Hospital**  
16001 W. 9 Mile Road (at Greenfield)  
Southfield  
248-849-3331

**Providence Park Hospital**  
47601 Grand River Ave (at Beck), Novi  
248-465-4210

**St. John Medical Center - Macomb Township**  
17700 23 Mile (at Romeo Plank)  
Macomb Twp.  
586-416-7520

**St. John River District Hospital**  
4100 River Road, East China  
810-329-5350

Please call the site for hours of operation or visit [stjohnprovidence.org](http://stjohnprovidence.org)

## Urgent Care locations

### LIVINGSTON COUNTY

**Health Urgent Care**  
30488 Milford Road, New Hudson  
248-437-4625

**Urgent Care, Brighton**  
2300 Genoa Business Park, Brighton  
810-844-0400

### MACOMB COUNTY

**St. John Medical Center-Macomb Twp.**  
17700 23 Mile Road (W. of Romeo Plank)  
Macomb Township  
586-416-7520

**St. John Medical Center - Harrison Twp.**  
25990 Crocker Blvd. (at Metro Parkway)  
Harrison Township  
586-466-5466

**St. John Medical Center - Masonic**  
21099 Masonic, St. Clair Shores  
586-296-6213

**After Hours Medical Care (adult)**  
21000 E 12 Mile Road (at Little Mack)  
St. Clair Shores  
586-447-5130

**Cornerstone Macomb Urgent Care**  
46591 Romeo Plank, Suite 133  
Macomb Township  
586-226-6161

**Eastside Pediatric Urgent Care**  
21000 E. 12 Mile Road (at Little Mack)  
Suite 105, St. Clair Shores  
586-498-3605

**St. John Medical Center - Windemere Park**  
31700 Van Dyke Ave., Warren  
586-276-8200

### OAKLAND COUNTY

**Rochester Medical Group**  
3950 S. Rochester Road, Rochester Hills  
248-844-6000

**Western Wayne Urgent Care**  
2050 N. Haggerty Road, Suite 140, Canton  
734-259-0500

**Novi Urgent Care**  
44000 W. 12 Mile, Suite 101, Novi  
248-374-3595

### ST. CLAIR COUNTY

**River District After Hours Medical Care**  
4100 River Road, East China  
810-329-5350

### WAYNE COUNTY

**Samaritan Urgent Care**  
5575 Conner (East of I-94), Detroit  
Phone: 313-924-0000

**Conner Creek Urgent Care**  
4777 E. Outer Drive (E. of Van Dyke), Detroit  
313-369-5690

**Riverview Urgent Care**  
7733 E. Jefferson, Detroit  
313-499-4000

**Woodland Urgent Care**  
22341 W. Eight Mile Road (at Lahser), Detroit  
313-387-8700

**Livonia Urgent Care**  
37595 Seven Mile Road, (at Newburgh)  
Livonia  
734-542-6100