

Minihealth Fair Displays

Directions: Set up several stations in the classroom.

Suggestions for station topics:

Station #1: *Serving Sizes:* Measure the serving size of cereal, grapes and cooked noodles / spaghetti.

Station #2: *Fats:* Show amounts of fat in foods using shortening on a plate to equal the amount of fat found in certain foods. Choose a food that has fat. Read the food label to find the number of grams of fat in the food. Measure the amount of shortening equal to the grams of fat in the food knowing that 1 gram fat is equal to 1/4 teaspoon shortening.

Station#3: *Balanced Meals:* Using fake foods and paper plates, select a well balanced meal.

