

Name:
Period:

SMASH YOUR FOOD SUGARS, SALTS, and OILS

Sugar, salt, and oil are all okay in moderation. But there are recommendations for how much you should have per day based on your gender and activity level.

Go to <http://www.foodnme.com/smash-your-food/>

Play the Smash Your Food Game. Be sure to enter in the proper information and follow the directions.

What are the servings amounts recommended for you?

_____ Sugar

_____ Salts

_____ Oils

1 servings of sugar = 1 cube

1 serving of salt = 1/8 teaspoon

1 serving of oil = 1 teaspoon

Food Choice # 1 to Smash _____

Number of servings of _____ sugar, _____ salt and _____ oil **you guessed?**

Number of servings of _____ sugar, _____ salt and _____ oil it **actually has?**

What would be a healthier alternative to this food? Why?

Food Choice # 2 to Smash _____

Number of servings of _____ sugar, _____ salt and _____ oil **you guessed?**

Number of servings of _____ sugar, _____ salt and _____ oil it **actually has?**

What would be a healthier alternative to this food? Why?

Food Choice # 3 to Smash _____

Number of servings of _____ sugar, _____ salt and _____ oil **you guessed?**

Number of servings of _____ sugar, _____ salt and _____ oil it **actually has?**

What would be a healthier alternative to this food? Why?

Food Choice # 4 to Smash _____

Number of servings of _____ sugar, _____ salt and _____ oil **you guessed?**

Number of servings of _____ sugar, _____ salt and _____ oil it **actually has?**

What would be a healthier alternative to this food? Why?

Food Choice # 5 to Smash _____

Number of servings of _____ sugar, _____ salt and _____ oil **you guessed?**

Number of servings of _____ sugar, _____ salt and _____ oil it **actually has?**

What would be a healthier alternative to this food? Why?