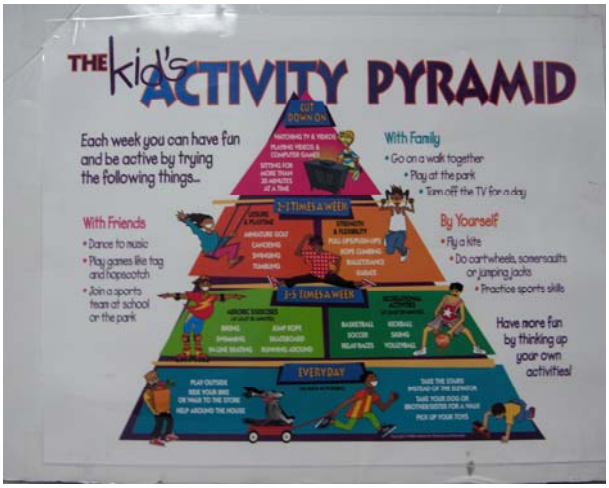
Jr. Chef Level 1, Lesson 4

Use the “Move It!” poster from Team Nutrition (web address given in lesson plan) OR one like this.

Kid’s Physical Activity Pyramid from Park Nicollet Health Source (www.healthsource.org)



Sugar Budget Poster: 10-12 teaspoons daily allowance
Get these small, 3” x 4.5” baggies at craft stores.

Nutrition Facts Panel Poster