

Jr. Chef Club II

The Art of Tasteful Beverages

Lesson 3

MyPyramid Poster:



Example Water Wally:

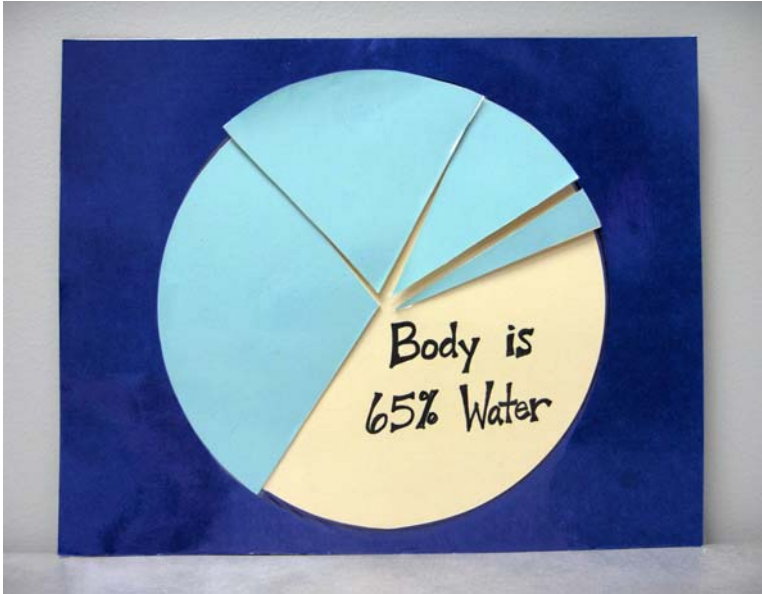


With all blue “water” portions



Without blue water portions

Pie Chart:



Pie Chart's Individual Pieces- Kidney, Lungs, Skin, Intestines:



Hydrated and Dehydrated Blood Models: Hydrated blood is water with red food coloring. Dehydrated blood is corn syrup with red food coloring.



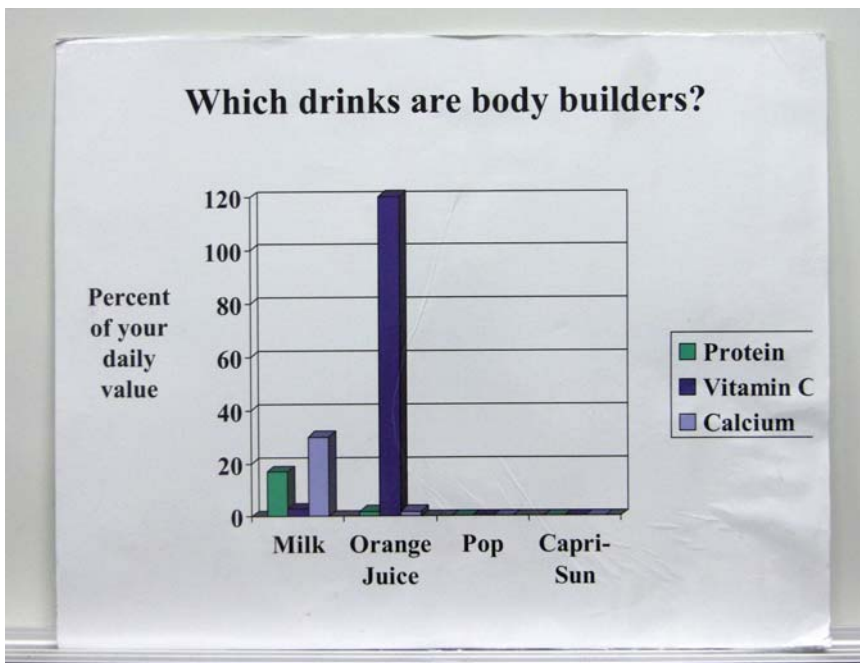
Hydrated and Dehydrated Urine Models: Hydrated urine is pear juice and dehydrated urine is apple juice.



Sugar Budget Poster:



Sugar in Drinks Poster- What Drinks Are Body Builders?



Nutrient Comparison Poster- What Do You Drink?

