



TNT Eats Healthy!



TNT students can earn stars by eating right, learning about nutrition, and encouraging their family and friends to do the same. Here are some ways to earn stars:

Diet Log: Write down what you ate and drank for an entire week. Then, write down five ideas for eating healthier the next week. **Limit:** One log per month. **Stars:** 1-3

Create and make a healthy recipe for your family. Write out the recipe and take a picture of your finished results. (You can text the picture, post it to social media, email it, or print it!) Have a family member write a review of your recipe. **Limit:** One recipe per month. **Stars:** 1-3

Menu scanner: At any restaurant, write down what you think are the five healthiest menu options there. Then, write down what you think are the five UNhealthiest options there. **Limit:** One report per month. **Stars:** 1-3

ChooseMyPlate.gov: Ask your parents to show you this website and write a one to two page paper about what you learned on the website. **Limit:** Two reports per month. **Stars:** 3-5

Activity research report: Write down your seven favorite physical activities. Then, for each one, look up and report on the number of calories you burn when doing those activities. **Limit:** Two reports per month. **Stars:** 1-3

Research report: Write a research report about two foods. Here are the things that need to be in your report: 1) The nutrition facts and ingredients in each food, 2) the effect of these two foods on the human body, 3) how these foods are made or grown, 4) what you learned in your research about the two foods. (Hint: ask your parents to go to www.supertracker.usda.gov and use the Food-A-Pedia!) **Limit:** Seven reports **Stars:** 3-6

Choose from this list for your research report:

- Granny Smith Apples vs. Gummi Apple Rings
- Cheetos versus Cheddar cheese
- Milk versus Mountain Dew
- Chicken nuggets versus Chicken Strips
- French fries versus Sweet potatoes
- Bologna versus Carved turkey slices
- Takis versus Pico de Gallo salsa



FOLLOW THE RULES!



- 1) Put your **full name** on it
- 2) Be **neat and legible**
- 3) **Hand-write** (no typed work)
- 4) Be **correct** in terms of punctuation, grammar, and spelling (please write in pencil!)
- 5) **Not too easy!** And be **appropriate** for turning in to the Masters- they are your audience!
- 6) **Not be repeated** – only new work can be turned in!

CHALLENGE YOURSELF!