

Create a Frozen Food

Name _____

Many frozen and packaged foods are full of added sugar, salt, and unhealthy fat. You are the cook in charge of creating a new healthy frozen food. Your assignment is to make the new food product with ingredients that will help your body build strong bones, have healthy skin, and get the oxygen it needs. (Use Handout 24.1, *What They Do for Me*, for guidance.)

1. Give your food product a name.
2. Write a short description of your new food product.
3. Write down the types of ingredients you used (fruits, vegetables, and whole grains) and what each of these foods does for your body (for example, builds strong bones and healthy skin).
4. On the back of this page, design a container or package for your product.
5. Also on the back of this page, create a food label that includes the ingredients and nutrients in your food product.

New Product Name

Description

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).