

with food enthusiast Gracie



# Nutrition and Junk Food ✨





## Today we will...

- Learn about diet vs regular soda!
- Do an experiment!
- Test food vocabulary!

# Healthy vs Junk Food

Write one example of each on the board!



# Diet Soda

## Is it good for you?

### Before the Video:

Do you think diet soda is better or worse than regular soda? Why?



# Diet Soda

## Is it good for you?

### After the Video:

One potential side effect of over-consumption of sugars is \_\_\_\_\_.

How many grams of sugar does one regular soda contain?  20g  40g  100g

Does not influence insulin secretion.  Regular  Diet

What is another way to say “association is not causation”?

# Diet Soda

## Is it good for you?

### After the Video:

One potential side effect of over-consumption of sugars is **insulin resistance, type 2 diabetes, hypertension, weight gain, obesity.**

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What is another way to say “association is not causation”? **There are often several factors that are not always considered in the final result.**



# Experiment Time!

Congratulations!

You are now a certified food taster for  
Gracie Food Tasting™

In this experiment, you are tasked with finding the difference between Spanish hot cheetos and American hot cheetos.

The categories are: Appearance, size, crunchiness, taste, spiciness, and favorite



**Warning!**

You only get one of  
each—**DON'T EAT THE  
CHEETO YET**

These chips are **sPiCy**! If you don't  
like spicy food, you don't have to try  
the cheeto



# Experiment Time!

## First step:

Observe the two cheetos **without eating them!**

**Write** what you notice about the appearance (color, smell), shape, and size about each cheeto.

# Experiment Time!

## Second step:

Take a bite of the **Spanish cheeto**

While you eat the cheeto, **write** what you notice about the crunchiness, taste, and spiciness.

# Experiment Time!

## Third step:

Now take a bite of the **American cheeto**

While you eat the cheeto, **write** what you notice about the crunchiness, taste, and spiciness.



# Experiment Time!

## Fourth step:

Sample both cheetos to continue filling out your categories.

**Finally, mark which cheeto is your favorite!**





**Which cheeto won?**

**Let's count the  
votes!**

# It's time to Compare the Nutritions

**FLAMIN' HOT**  
 Producto de aperitivo de maíz con sabor a chile picante  
 Ingredientes: sémola de maíz, aceite de colza, aroma a picante (azúcar, aromas, correctores de acidez (ácido málico, ácido cítrico), sal, ajo en polvo, cloruro potásico, potenciador del sabor (glutamato monosódico), cebolla en polvo, pimentón ahumado en polvo, concentrado de vegetales (rábano, zanahoria), pimiento jalapeño en polvo, especias, colorante (extracto de pimentón), hierbas aromáticas, maltodextrina ahumada, aceite de girasol ahumado. Puede contener soja, trigo (gluten).

SIN COLORANTES ARTIFICIALES SEM CORANTES ARTIFICIAIS  
 SENZA COLORANTI ARTIFICIALI

	100g	30g**	30g
Valor energético/ Energía/ Energia	1997 kJ 476 kcal	599 kJ 143 kcal	7
Grasas/Lípidos/Grassi/ de los cuales saturados/dos quais saturados/ di cui acidi grassi saturi	18 g 1,3 g	5,5 g 0,4 g	21 25
Hidratos de carbono/Hidratos de carbono/ Carboidrati de los cuales azúcares/dos quais açúcares/ di cui zuccheri	68 g 3,7 g	20 g 1,1 g	15 15
Fibra alimentaria/Fibra/Fibre	2,5 g	0,8 g	
Proteínas/Proteínas/Proteine	6,2 g	1,9 g	
Sal/Sal/Sale	1,1 g	0,33 g	5

# Nutrition Facts

About 9 servings per container  
**Serving size About 21 pieces (28g)**

Amount per serving

**Calories 160**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber less than 1g **3%**

Total Sugars 0g

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 2%

Potassium 90mg 0%

Not a significant source of added sugars.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND LESS THAN 2% OF SALT, MALTODEXTRIN (MADE FROM CORN), YEAST EXTRACT, MONOSODIUM GLUTAMATE, POTASSIUM SALT, CITRIC ACID, SUGAR, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, YELLOW 6, YELLOW 5), CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, WHEY, WHEY PROTEIN CONCENTRATE, GARLIC POWDER, NATURAL FLAVORS, BUTTERMILK, SODIUM DIACETATE, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.  
**CONTAINS MILK INGREDIENTS.**



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# Portion Sizes


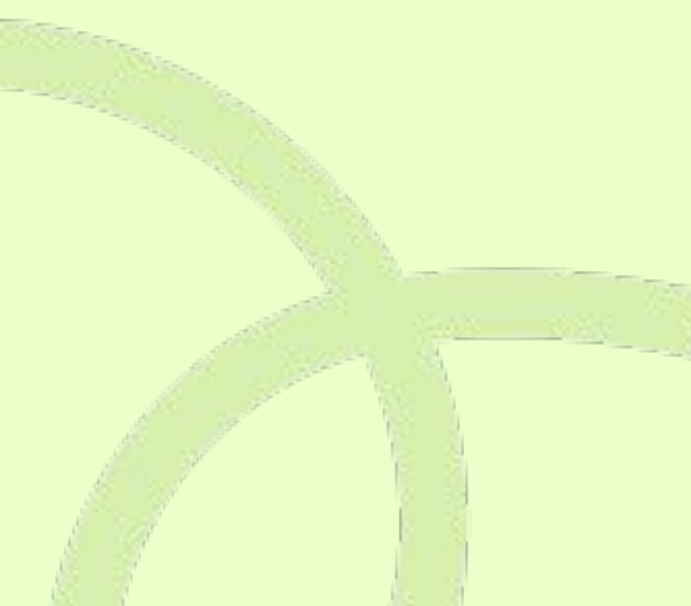
“Bigger is better”





**We´re done!**

**Remember, “unhealthy food”  
is not always unhealthy if  
eaten in moderation!**



**Can you identify healthy  
vs junk food?**

