



Teachers and Parents:

Our goal is to have your child/student extract the most out of our assembly program and open up a dialog between students and parents.

Please spend a few minutes to fill out this simple sheet.

Our presentation will focus on reading and on the importance of making good decisions when choosing something good to eat.



Pre-Assembly Student Project:

To be completed at home with parent or guardian:

1. Find a label with the **most** ingredients. (Bring it to School)
2. Find a label with the **least** ingredients. (Bring it to School)  
(If label cannot be removed, please write ingredients on separate sheet)
3. Make a **list** of everything you eat and drink in one day.  
(We know this may be a tough one, just do the best you can.)

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4. What's your favorite "healthy" food(s) ?

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5. What's your favorite "Junk" food(s) ?

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**For fun:** Have the teacher read one of the students list of ingredients and see if the kids can guess what the item is.

**For More Fun:** Have kids make their own "READ THE LABEL SIGNS" on 8 1/2 x 11 paper and bring to the show. Younger students can color the pre-made sign.