

Blizzard Bag Material for Mrs. Rohrer (Middle school)

Day 1 8th Grade Life Skills

Use the Internet to help you answer the following questions.

- 1) Identify what a SUPERFOOD is by definition?
- 2) List 5 superfoods?
- 3) Why should someone incorporate more superfoods into their daily diet?
- 4) How could someone incorporate more superfoods into their daily diet?

Day 2 8th grade Life Skills

Write at least 1 paragraph (5-7 sentences) or more to answer the following writing prompt. Your friend is eating nothing but junk food at lunch every day. Write a persuasive paragraph to your friend convincing him/her to make healthier food choices. Explain to them why they should eat healthier. Give them some ideas and tips on how to make healthier food choices and how to incorporate healthier foods into their lunch. Give them some healthy lunch options.

Day 3 8th grade Life Skills

Use the Internet and sources to answer the following nutrition questions. Write name, #'s and answers only on a separate sheet of paper.

1. Carrot are high in Vitamin _____? What body part does this vitamin help?
2. This food is both yellow and white and high in protein. What is it?
3. True or False. Brown and White Eggs have the same nutrition?
4. Name a yellow fruit that is high in potassium?
5. Black Beans are found in what food group?
6. True or False. It is best to eat bread that is white, because it's high in fiber.
7. True or False. It's better to eat fresh fruits and vegetables instead of canned.
8. Why is it important to vary your veggies?
9. Why is it important to eat a diet that is high in fiber?
10. Only one of these juices are high in iron. Is it a) orange juice b) Prune juice c) carrot juice or d) apricot juice