



**THE LIFE OF JACK SPRAT
HIS WIFE, AND HIS CAT**
by
Paul Galdone

*Jack Sprat could eat no fat,
His wife could eat no lean.
And so you see between the tow,
They ticked the platter clean.*

Jack Sprat would be right at home in today's society with its emphasis on low fat food. I wonder how he and his wife knew which was fat and which was lean. So much of the modern diet is restaurant or fast food. How is one to know what's fat and what's lean?

To transition to these activities, talk about what Jack and his wife ate. Review or teach the food pyramid and remind the children of the importance of eating a healthy diet. We need to become label readers, but what if there are no labels? Tell them they are going to be doing some activities which will help them to be more knowledgeable about the fat and calorie content of some of their favorite fast foods.

MATERIALS: Activity #1: New Food Pyramid diagram, The Haunted Grocery Store worksheet, pencils; Activity #2 & Activity #3: www.fatcalories.com/

ACTIVITIES: Activity #1. Teach the new Food Pyramid. Fill in the blanks with your students. Have the students follow the directions on the worksheet and help Layne shop for healthy food.

Activity #2 . Just how much fast food is eaten each year? Go to www.fatcalories.com/ A searchable database containing the nutritional information of the world's most popular **fast food** restaurants. Use the information found at this website to answer the following questions:

1. Which hamburger has the most calories?

2. Which chicken choice has the most calories from fat?
3. Which breakfast item has the highest percent of its calories as fat?
4. Choose the meal with a meat item, fries, a salad, and dessert which has the least calories and/or fat.

Activity#3: We tend to think of chicken as an always healthy alternative. But is it? Have your children use the information about Hardee's Fried Chicken to answer the following questions:

1. Considering the size of each serving, which cut of the chicken is most laden with fat?
2. Which cut of chicken has the highest percentage of fat calories?
3. Considering the size of each serving, which cut of the chicken is most laden with calories?
4. Which cut of chicken is best for you? Explain your reasoning.

[Activities #2 and #3 taken from a presentation by Robin Knight, Nancy Wall, and Curt Wall at NCTM 2003]

STANDARDS:

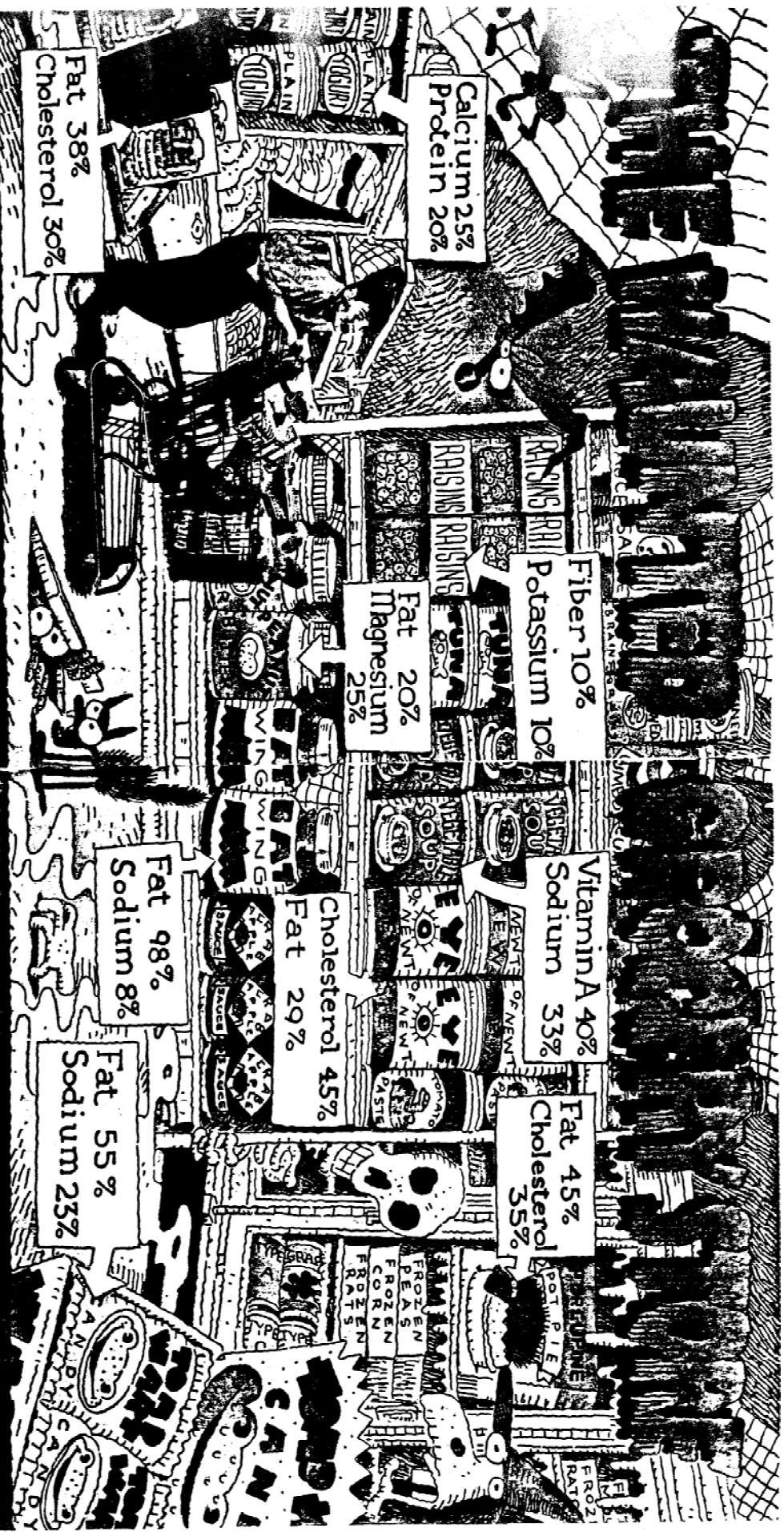
BSL: 1.2, 1.7, 1.12, 2.1, 6.3, 9.1, 9.4, 12.1, 12.3, 12.7

NCTM: 1b, 2d, 4d, 4e, 5a, 6d, 8c, 8d, 11b, 11c, 12b, 12e

SCS: A1, C1, C3, F1,

SOURCE: The food pyramid diagram was contributed by Sarah Grogan, Convent of the Sacred Heart, Greenwich, CT.

Galdone, Paul. The Life of Jack Sprat His Wife & His Cat. [398.8 Gal] NY: McGraw Hill Book Company [no copyright date]. LC#69 - 16254 An extensive version of the nursery rhyme.



Healthy Foods
 Tyne is shopping for dinner. He's reading labels because he wants to buy the most nutritious foods at the store. Please help him by looking at each food label and by following these directions:

- Calcium 25%
- Protein 20%
- Fiber 10%
- Potassium 10%
- Fat 20%
- Magnesium 25%
- Vitamin A 40%
- Sodium 33%
- Fat 45%
- Cholesterol 35%
- Fat 38%
- Cholesterol 30%

Healthful Foods
 Circle the food container with a number over 5 percent after any of these nutrients:

- Calcium
- Potassium
- Magnesium

Haunted Foods
 Put an X through the food container with a number higher than 10 percent after any of these nutrients:

- Fat
- Sodium
- Cholesterol

OK-Buy-Don't-Eat-Much-Foods
 Any food with an X and a circle is both healthy and haunted. They are OK, but only in small amounts.

USA Kids Magazine

You Don't Know Jack; Penny Brown, Pat McKean, Marjorie Sacks, Allyson, Saito, Doreen Saito

Answers on opposite page

My Food Pyramid

