

Janey Junkfood's Fresh Adventure! (Children's Book)

Activity Guide



By Barbara Storper, MS, RD
(with a little help from Tobe Fit!)

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www.foodplay.com

How To Use Janey Junkfood's Fresh Adventure!

Janey Junkfood's Fresh Adventure! is an enchanting new children's book designed to help kids get off the junk food track and make healthy eating a fun-filled fresh adventure! We hope you'll share the adventure with your kids!

It's Easy as 1-2-3!

1. Invite your students to have fun reading this book—individually, in groups, or together out loud, with students taking turns. Or, for younger children, read JANEY out loud, showing the pictures!
2. For a special treat, make our easy-to-fix, nutritious and delicious snacks together using the "Tickets to Fresh Adventures!" recipe cards found at the end of the book. You can also download free copies of the snack cards at our website: www.foodplay.com/janeybook
3. Extend the food and nutrition lessons all year long using this Activity Guide which features "Discussion Questions," "Activities," and "Activity Sheets." Please choose the activities best suited for your class or child's level.

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More Resources

For more fun food and nutrition resources (including a comprehensive *Janey Junkfood's Fresh Adventure! Activity Guidebook* and our Emmy Award-winning DVD Kit, "**Janey Junkfood's Fresh Adventure!**") or to bring our national award-winning theater shows to your schools or events, contact us:

www.foodplay.com

info@foodplay.com

1-800-FOODPLAY (1-800-366-3752)

Book Summary

Janey Junkfood's Fresh Adventure! was created to help parents, educators, and health professionals make nutrition come alive for today's children and reduce the nation's alarming epidemic of poor eating and exercise habits.

Designed to look like a scrapbook created by eleven-year-old Tobe Fit (pronounced Toe-bee Fit), *Janey Junkfood's Fresh Adventure!* documents the story of how Tobe makes good eating great fun in order to help her best friend Janey make the National Junior Juggling Team. Includes 14 fun snack recipe cards.

Tobe Fit's best friend, Janey, loves to juggle. Word's out that the National Junior Juggling Team is looking for new members and Janey's desperate to make the team and travel around the world. The problem? Janey keeps dropping the balls. No one knows what to do until Tobe Fit takes on the case and discovers the one missing ingredient to Janey's success. It's her eating habits—they stink!

Case closed? Not so fast. Janey loves her junk food and is not about to give it up. Tobe comes to the rescue as "Ace Food Detective" to investigate the situation and help Janey get off the junk food track. Tobe records her dramatic discoveries in her scrapbook with drawings, cartoons, collages, photos, news clips, raps, and posters. She shows Janey what is in the junk food she eats (such as the ten teaspoons of sugar in a can of soda!); how to decipher food labels using her hand-made label decoder; and the startling effects of a junk food diet on a person's health.

Janey is still not convinced. Finally, Tobe realizes that Janey, like most kids, needs more support—and could use a little help from her friends. That's when Tobe comes up with her best idea yet—"Tickets to Fresh Adventures!"—14 fun snack recipe cards filled with her friends' favorite fruit and veggie snacks so that Janey (and readers) can make nutritious and delicious snacks at home instead of buying junk food at the store.

Readers get to have their own set of "Tickets" at the back of the book or they can download a set on the FoodPlay website, www.foodplay.com.

Readers discover "There's a whole world of fresh fruit and veggie adventures to discover, and you don't even need to leave home to start your journey—just let your taste buds do the walking!"

With only three weeks left for Janey to get into shape for try-outs, the pressure is on! Will Janey get off the junk food track? Will she become a star juggler? Will she make the team? Will they get to travel around the world? Check it out in *Janey Junkfood's Fresh Adventure!*

About the Author and FoodPlay Productions

Created by Barbara Storper, MS, RD, a leader in children's nutrition and Executive Director of FoodPlay Productions, and illustrated by Frances E. Schneid, *Janey Junkfood's Fresh Adventure!* is based on **FOODPLAY**, a national touring live theater show that has reached over three million children at schools and special events. The book is also based on the characters and storyline of "*Janey Junkfood's Fresh Adventure!*"—an Emmy Award-winning TV special and nationally-distributed DVD kit.

FoodPlay Productions is a national award-winning nutrition media company which tours the nation's schools and special events using the power of live theater and interactive resources to turn kids on to healthy eating and exercise habits.

Please visit us at www.foodplay.com.

Discussion Questions

For Janey Junkfood's Fresh Adventure!

As you read the book together with children, you may wish to ask some of these questions to make the experience more interactive. These questions can be used for class discussion or as writing prompts for language arts activities.



1. Why does Janey keep dropping the balls? What did Tobe Fit find out about Janey when she followed her to juggling club on page 7?
2. Have you ever skipped breakfast? How did you feel?
3. What gets in your way of eating a good breakfast? What are some possible solutions?
4. What do you like to eat for breakfast?
5. Does our school have a breakfast program? If so, that's an easy way to make sure you eat breakfast in the morning.
6. What foods would you recommend Janey eats for a healthy breakfast instead of a soda and apple pie snack?



1. What is the number one thing Tobe and Janey don't have in common? (Tobe eats healthfully and Janey eats too much junk food.)
2. Based on Tobe Fit's research, why is eating too much sugar not healthy?
3. Have any of you been on a "sugar roller coaster"? How does that make you feel?
4. Tobe's mother is a nutritionist. What does a nutritionist do? (She helps people learn how to eat healthfully).
5. What are some reasons why eating too much junk food isn't good for children?
6. Have children read or sing the "Eat to Win" rap (on p. 13) out loud together.



1. How many of you consider yourselves to be "healthy eaters"?
How many are like Janey, and find it hard to resist junk food?
How many of you are in the middle, eating junk food just once in a while?
2. Why is it so hard for Janey or for you to resist junk food?
3. What do you think Tobe could do to help her friend change her eating habits?
What are some ways you could help your friends, sisters or brothers, to eat more healthfully?

Discussion Questions (continued)

For Janey Junkfood's Fresh Adventure!



Tobe prepared these two pages to show Janey what her snacks are made of and how too much junk food can affect one's health. You may choose to ask these questions while reading and/or use the related activities (later in this guide) after reading the book.

A. *Apple Pie Snack (p. 16)*

1. With the use of Tobe's "Label Decoder," ask children to decipher the label. Ask if they can first identify all the sugars (in red). Then, the fats (in blue). Then additives (in brown). And, finally, the "good stuff" (in green).
2. How many different kinds of sugar are listed on the label? (5)
3. How many ingredients are considered the "good stuff"?
4. What would make a better snack: an apple pie or a fresh apple?

B. *Soda (p. 16)*

Next, have children look at the ingredients of a soda.

1. How much sugar is in a can of cola? (10 teaspoons). Health experts recommend that children shouldn't eat or drink more than six to ten teaspoons of added sugar in a whole day!
2. What is caffeine? (It's a central nervous system stimulant that can make people overly excited and then have trouble settling down or getting to sleep.) Since children's bodies are smaller than adults, the effect of caffeine is much greater than on adults.
3. What does phosphoric acid do? (It's what creates the bubbles in soda, but it can also erode tooth enamel and make it easy for cavities to form. It also can cause calcium to leech out from one's bones, causing weak bones.)
4. Why is there a "holey bone"? (Children who drink lots of soda often don't get the calcium they need from milk and have a higher risk of weak bones.)
5. What would be some good alternatives to soda? (low-fat milk, water, seltzer, 100% fruit juice, fruit juice "spritzers" —half seltzer, half fruit juice)

C. *Anatomy of a Junkfood Diet! (p. 17)*

1. This is a comical look at a not-so-comical situation—the effects of poor eating and exercise habits. How does what we eat affect our health? (Improving one's diet and physical activity can help promote health and prevent the conditions shown.)

Discussion Questions (continued)

For Janey Junkfood's Fresh Adventure!

Pages

18-21

1. How did Tobe "trick" Janey into trying something healthy—fresh fruit?
2. Did Janey like how an apple tasted?
3. What are some of your favorite nutritious snacks? Favorite fruits? Favorite veggies?
4. Take a look at the "Tickets to Fresh Adventures!" that her friends made her (found at the end of the book). Have you ever made or tasted any of these snacks? Do you want to try some of these recipes?

Pages

22-25

1. Do you think Janey got off the junk food track? Do you think she'll make the team?
2. Have children read aloud Janey's rap that she created for the juggling try-outs. You may wish to have different readers for each stanza.
3. For younger children, ask them what fruits and veggies they can find on pages 24–25. Can they find their favorite ones?

Pages

26-29

1. How did Janey do in the try-outs?
What was the reaction from the audience? From the judges?
2. When Janey was interviewed by the reporter, what did she give as her reason for making the team?

Page

30

1. How did Tobe get invited to travel along with Janey and the National Junior Juggling Team?
2. If you were Tobe Fit, what tips would you give to the rest of the National Junior Juggling Team, about how to "Eat to Win"?

Activities

For Janey Junkfood's Fresh Adventure!

After you read the book with children, extend the nutrition lessons with these activities, categorized by topic:



Topic I

Fruits and Vegetables

1. Copy and distribute **Activity Sheet #1: Janey's Fruit and Veggie Rap**, found on pages 11–12 in this guide (made from pages 24–25 in the book). Have kids tape the two pages together and color in with crayons or markers. Encourage kids to post it in a place they'll see (such as their bedroom, on their fridge, in their notebook) to encourage healthy eating. Better yet, if you have access to lamination or clear contact paper, they can turn these into placemats!
2. Distribute **Activity Sheet #2: Name That Food** (p. 13 in this guide), and ask children to try to solve the riddles based on the foods pictured on pages 24–25 in the book.
3. Invite children to make their own healthy food rap. They can illustrate it as well and create posters or placemats. Or, children can form "rap" groups and sing their songs over the loud speaker during school morning announcements—and even invite the principal to sing along!



Topic II

Label Reading – Read It Before You Eat It!

1. Look what Janey's apple pie snack is made of (page 16 in the book). Have children read the Ingredient label. Then, ask them to decode the label using Tobe's "Label Decoder." Make four columns on the chalkboard. Write "Sugars," "Fats," "Additives," and "Good Stuff" for each column heading. Then, ask students to fill in each column with the ingredients that belong to each type of ingredient. Ask students if this seems like a healthy snack or a junk food snack, then explain.
2. Using **Activity Sheet #3: Mission Nutrition: Decode Janey's Apple Pie Snack** (p. 14 in this guide), either use the questions for a class discussion or have students complete the sheet as an assignment, in groups or individually.
Answers:
 - #1: high fructose corn syrup, corn syrup, sugar, brown sugar, dextrose
 - #2: partially hydrogenated vegetable oil and/or animal shortening
 - #3: 23
 - #4: 8
 - #5: By law, processed food products have to contain Nutrition Facts labels and Ingredient labels. However, a fresh food, which has nothing added and nothing taken away, does not need a label. The Ingredient label would read "Apple."
 - #6: Answers will vary. See their snack label or www.nutritiondata.com.
 - #7: 3
 - #8: 7
3. Using **Activity Sheet #4: Mission Nutrition: Be A Sugar Detective** (p. 15 in this guide), either use the questions for a class discussion or have students complete the sheet as an assignment, in groups or individually.
Answers:
 - #1: high fructose corn syrup, corn syrup, sugar, brown sugar, dextrose
 - #2: 5
 - #3: sugar gives quick energy that doesn't last, tooth decay, diabetes
 - #4: 11
 - #5 & #6: Answers will vary. See their snack label or www.nutritiondata.com.

Activities (continued)

For Janey Junkfood's Fresh Adventure!



Topic III

Soda Countdown

1. Conduct your own "Soak in the Coke" experiment as pictured in the yellow box on the bottom of page 16 in the book. Put a tooth, iron nail, or chicken bone into a glass of cola and see what happens in 24 hours. In each case, the phosphoric acid from the soda starts eating away at the tooth enamel, the nail, and the chicken bone. In the case of real teeth of soda drinkers, the phosphoric acid eats away at the tooth enamel, making it easier for tooth decay to form. Bacteria feed on the sugars of the soda, causing more acid as a byproduct, which eats away at the tooth, causing cavities.
2. Make a "Natural Soda" with your class. Make copies of the "Natural Soda Ticket to Fresh Adventures!" on page 31 of the book and pass out to children.
3. Have students make a display for their class or hallway showing how much sugar is in various sizes of soda—a can, bottle, movie-size cup, etc. Students can do the math for each item based on knowing that one 12-ounce can of soda contains 10 teaspoons of sugar.

SCIENCE

MATH



Topic IV

Anatomy of a Junk Food Diet!

First, look at page 17 of the book together and explain that this is a comical look at a not-so-comical situation—the effects of poor eating and exercise habits. Eating healthfully and enjoying daily physical activity can help promote health and prevent these conditions.

1. Have students break up into groups. Give each group the name of one of the conditions found on the poster and have them research how a person's food intake can influence the development of this condition. Then, have students report their findings to the rest of the class. Encourage students to create posters and/or exhibits to illustrate their research.
2. Have students create another poster called "Anatomy of a Healthy Diet," where they can draw a picture of a person (or of themselves) enjoying eating healthfully. Put similar "balloons" to identify how a healthy diet can help promote each healthy characteristic such as "clear skin," "lots of energy," "strong bones," etc.
3. Have students illustrate "You Are What You Eat" by creating a silhouette of their body and filling the picture with their favorite healthy foods (using drawings or magazine pictures). Some teachers use large brown paper rolls and have children draw an outline of themselves, and fill it in with healthy foods, and decorate your class or cafeteria with these posters.

Activities (continued)

For Janey Junkfood's Fresh Adventure!



Topic
V

Putting It All Together: Eat To Win!

Here are some fun writing and drawing exercises. We'd love to hear from your students—please send us their letters, reviews, or articles to: info@foodplay.com or FoodPlay Productions, 1 Sunset Ave, Hatfield, MA 01038.

1. Have children write an article for a make-believe newspaper telling the story of how Janey made the team.
2. Have children write a book review of Janey Junkfood's Fresh Adventure!
3. Have children write Tobe or Janey a letter answering such questions as:
 - What did you like best about the book?
 - What did you learn from the book?
 - Is there anything you'll do differently now that you've learned about how to eat healthfully?
 - Can you juggle? If not, what's something you like to do?
 - What's your favorite healthy snack?
 - What do you like to eat for breakfast?
 - What is your favorite sport or way to keep active?
 - What are your favorite fruits and favorite vegetables?
 - What tips can you give Janey about how to help her keep healthy and fit?
4. Have children invite Janey over for a healthy meal and create a fun menu showing what will be served.
5. For younger children, have them look throughout the book and try to find all the healthy foods. You can ask them to make a "Detective Log: Where's the Healthy Foods" on a piece of paper and have them draw or write all the ones they can find.

For more fun food and nutrition activities:

Check out Janey Junkfood's Fresh Adventure! DVD Kit or Janey Junkfood's Fresh Adventure! Activity Guidebook at:

www.foodplay.com/store



Activities Using the “Tickets to Fresh Adventures!” (Snack Recipe Cards)

The “Tickets to Fresh Adventures!” are snack recipe cards that are found in the back of **Janey Junkfood’s Fresh Adventure!** and are also available as free downloads at www.foodplay.com/janeybook. They offer recipes for nutritious and delicious fruit and veggie snacks kids love to make and eat. Each snack features common ingredients, requires no cooking, and can be prepared during a class period.

Here are some fun ways to make nutrition come alive using the “Tickets to Fresh Adventures!”:

1. Arrange to have a healthy snack day once a week or once a month. Have children choose the snack to make—you can put the Tickets into a “Magic Hat” or bowl and have students pick one each week. Once a snack is chosen, make copies of the Ticket and distribute to children. Invite them to color them in and take them home.
2. Pass out the “Fresh Adventure! Score Card” (found among the Tickets) for children to keep track of how they liked each snack. Or create a larger class-wide “score card” poster for students to fill in each time they try a new snack.
3. Have “Snack Stations”—for a special event, family day or health fair. Create tables with the ingredients of each snack, copies of the snack card, and a volunteer to help. Invite children to go from station to station, creating and tasting the different snacks.
4. Have students make their own snack books with the “Tickets” by punching a hole and joining them with a key ring, ribbon, or pipe cleaner. Encourage them to bring these snack books home and use them with their families.
5. Check with your school food service department to see if they’d be willing to make and serve these snacks as part of the lunch program.
6. Make and sell snacks from the “Tickets” at celebrations or sports events as school fundraisers, instead of sugary bake sales.
7. Have children research their favorite or least-known fruit or vegetable and give an oral report including where the food comes from and what are some yummy ways to eat the food. If possible, have a food tasting party!
8. Divide class into “advertising teams” to come up with an ad campaign to promote the snack recipe of their choice. They can create a jingle, magazine ad, poster, or TV ad. Or, groups could create a segment for a cooking show for TV, videotape it, and make it available to the rest of the school.
9. Give each child a copy of the “Tobe Fit’s Eat-To-Win Tips” card with “Quick and Easy Pyramid Power Snacks” on the back (found among the Tickets). Or, have them create their own to carry with them or post on their fridge at home.
10. Make copies of the “Quick and Easy Pyramid Power Snacks” card (found among Tickets). Have children draw a picture of the MyPyramid chart (found at www.mypyramid.gov) and have them put all the snacks listed into the appropriate food group or color band on the MyPyramid chart. (Hint: the snacks are color-coded to represent the colors of each food group.)

Janey's Fruit and Veggie Rap

Name: _____



“My name is Janey and I’m feeling good,

I love to juggle in my neighborhood.
My best friend, Tobe, she’s real cool,
she taught me all about the ‘Eat-to-Win’ Rule.

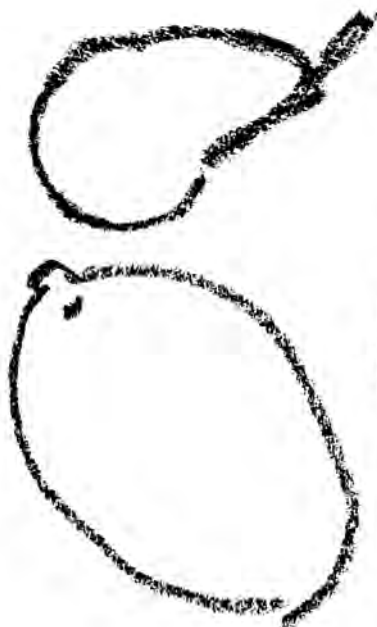
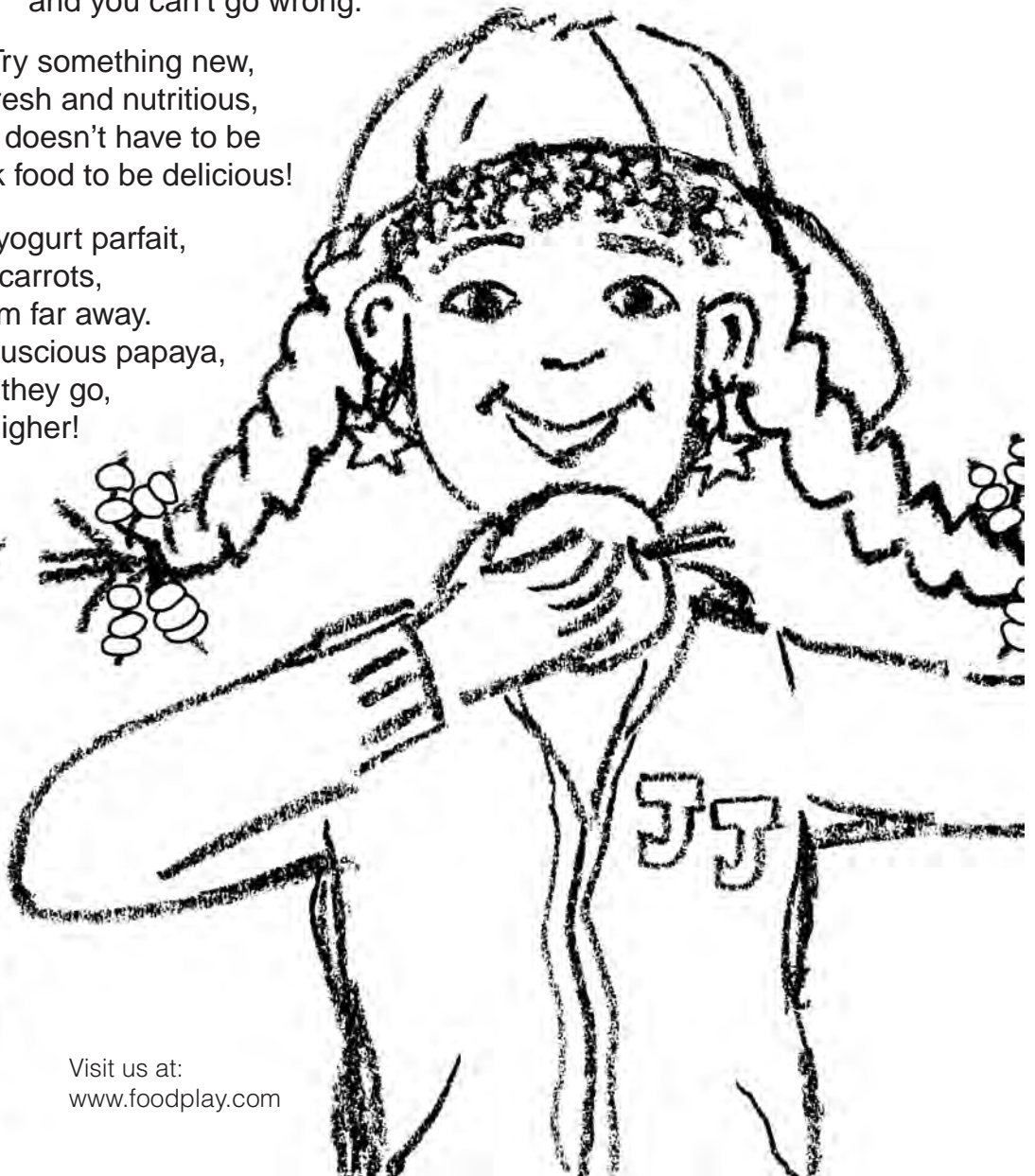


To keep your body
healthy and strong,
feed it primo fuel
and you can’t go wrong.



Try something new,
fresh and nutritious,
it doesn’t have to be
junk food to be delicious!

Veggie confetti and yogurt parfait,
crunchy baby carrots,
fantastic fruits from far away.
Juicy watermelon and luscious papaya,
up they go, up they go,
higher and higher!



Visit us at:
www.foodplay.com



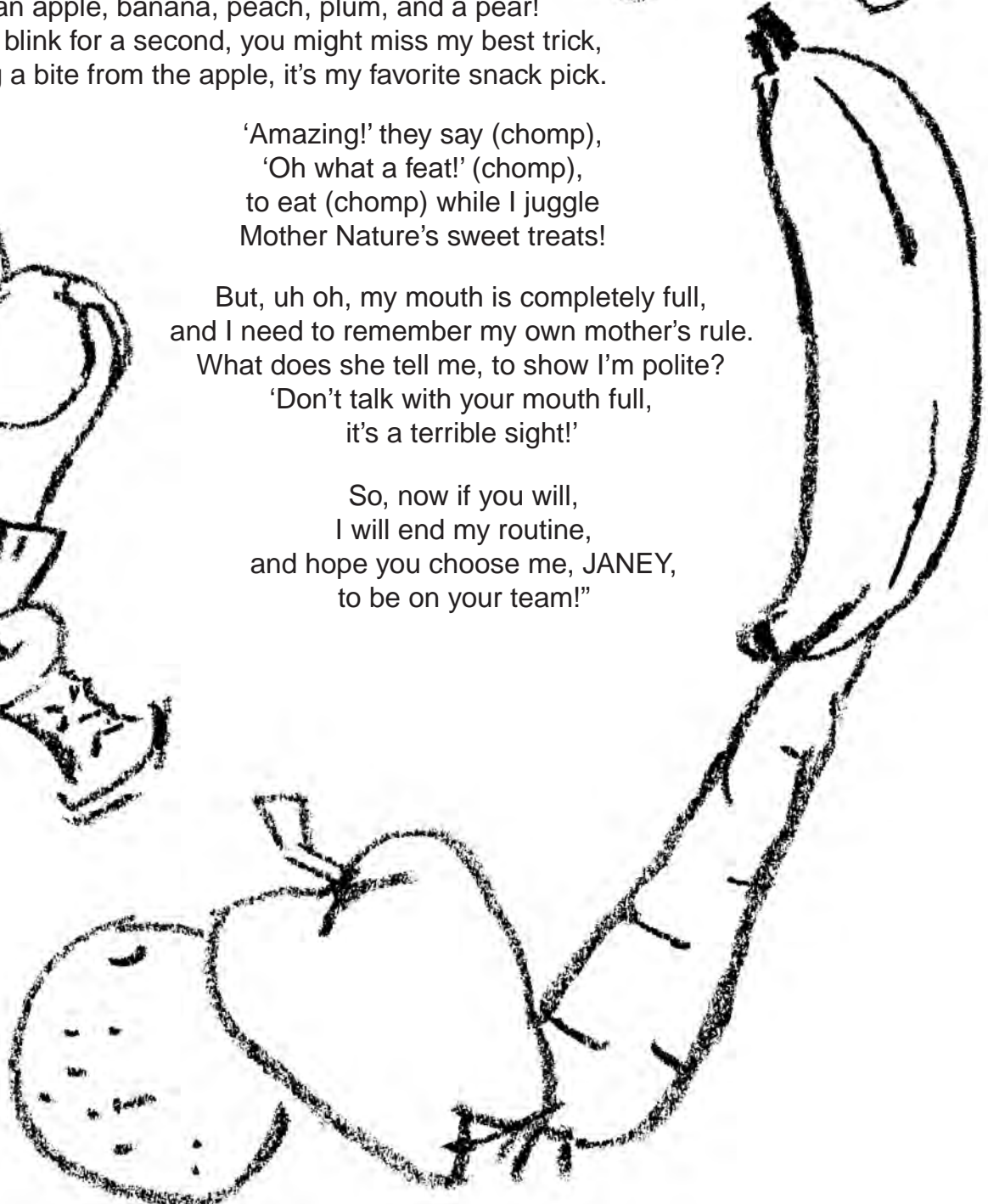
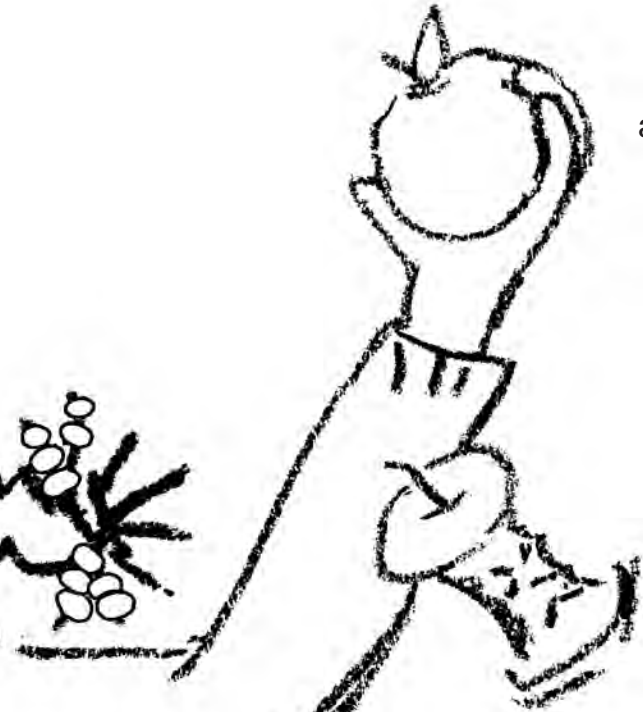
Look, I can throw 1-2-3-4-5 into the air,
an apple, banana, peach, plum, and a pear!
Don't blink for a second, you might miss my best trick,
taking a bite from the apple, it's my favorite snack pick.

'Amazing!' they say (chomp),
'Oh what a feat!' (chomp),
to eat (chomp) while I juggle
Mother Nature's sweet treats!

But, uh oh, my mouth is completely full,
and I need to remember my own mother's rule.
What does she tell me, to show I'm polite?

'Don't talk with your mouth full,
it's a terrible sight!'

So, now if you will,
I will end my routine,
and hope you choose me, JANEY,
to be on your team!"



Name That Food!

By Food Detective: _____
(your name goes here!)

Directions: Look at Janey's juggling routine pages 24–25, and see if you can find pictures to answer these riddles:

1. My name is the same as my color? What am I? _____
2. When life isn't a bowl of these, it can be the pits! _____
3. Tobe and this sweet summer berry have something in common: freckles!

4. I'm green or I'm purple, I'm juicy and sweet, I can pop 'em in my mouth for a favorite snack treat! _____
5. I'd dance the Tango for a bite of a _____. The name in English is the same name in Spanish!
6. I'm really quite appealing...and great in cereal or a frozen fruit pop!

7. I'm really a fruit, but lots of people think I'm a veggie, I'm proud to be tossed in a salad or the sauce on your spaghetti! _____
8. If life gives you these, give 'em a squeeze and make lemonade of course!

9. My little green trees dipped in salad dressing make me very happy!

10. Crunch on these and you'll be able to see better in the dark!



Mission Nutrition: Decode Janey's Apple Pie Snack

By Food Detective: _____
(your name goes here)

1. Can you find all the different types of "SUGAR"? List them:

2. Where's the "FAT" at? List the different types of fat:

3. How many "FOOD ADDITIVES" are listed? _____

4. How many "GOOD STUFF" ingredients are listed? _____

5. Why do you think there is not an "Ingredient" label on a fresh apple?

If there was one, what do you think it would say?

Ingredients: _____

6. Take a look at the "Ingredient" label of one of your favorite snacks.

Try to identify all the different:

Sugars: _____

Fats: _____

Additives: _____

Good stuff: _____

Do you think your snack is nutritious? _____ Why or why not? _____

Extra Credit: BE A MATH WHIZ!

7. If a pound of apples costs \$1.00, and there are three apples to a pound, how many apples could you buy for the same price as Janey's apple pie snack? _____

8. If Janey's apple pie snack contains 465 calories and a fresh apple contains only 70 calories, how many apples could you eat for the same calories as one apple pie snack?



Mission Nutrition: Be A Sugar Detective!

By Food Detective: _____
(your name goes here)

Directions: Look at the clues on Page 16 of Janey Junkfood's Fresh Adventure! book and try to answer these questions:

1. List the different sugars in Janey's apple pie:
2. How many different types of sugars are listed? _____
3. Based on Tobe Fit's research on Page 10, what are three reasons that eating too much sugar isn't healthy:
 - a. _____
 - b. _____
 - c. _____
4. According to the "Nutrition Facts" label of Janey's apple pie snack, it contains 44 grams of sugar. If there are 4 grams of sugar in 1 teaspoon, how many teaspoons of sugar are in Janey's apple pie? _____
5. Look at the "Ingredients" label of one of your favorite snacks. Write out all the different types of sugar listed.
6. Then, look at the "Nutrition Facts" label on your snack and identify the number of grams of sugar per serving. How many grams of sugar? _____

Next try to convert the number of grams into the number of teaspoons of sugar: _____.

Health experts recommend kids don't eat or drink more than 6-10 teaspoons of sugar in a whole day. Does your snack seem to be too high in sugar? _____

Congratulations – You are now a Sugar Detective!

