



Activity Sheet

Name _____

Date _____

Food Rules Lesson 1

Lesson 1: **Where are the Soda Trees?**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Cooking food from scratch even once a week, like a roast chicken or a bean chili, helps us eat food we can picture growing in nature.
- Packing a piece of fruit or a container of nuts or seeds to snack on is an easy way to eat a food when we might otherwise choose a phud.
- Growing some food, from a garden to a potted herb on the windowsill, is a fun and tasty reminder that food comes from nature.

Foods and “Phuds”

In the *IDOF Curriculum* the word **food** is reserved for whole foods that come from plants and animals. Lettuce, apples, eggs, beans, and steak are food. When whole foods are slightly altered, or minimally processed, they are still food. Bread, frozen chicken breasts, raisins, applesauce, canned vegetable soup, yogurt, hummus, and peanut butter are examples.

In the *IDOF Curriculum* the word **phud** (phony food or dud) is used for products that have significantly changed from how they appear in nature. This is our term for what Michael Pollan calls “edible food-like substances.” Many of the ingredients in phuds are processed versions of corn and soy. Twinkies, Cool Whip, Oreos, and soda are phuds.

In Defense of Food film clip that accompanies this lesson:

Meet Anthony Scavotto

Watch at <http://bit.ly/idofclip1>

Learn more about *In Defense of Food* at:

pbs.org/indefenseoffood

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Food Rules Lesson 2

Lesson 2: **Chemical Cuisine**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Stick to the outer aisles of the grocery store. This is where we find many whole foods that don't need any ingredient list at all.
- Some common foods, like bread, peanut butter, and cereal, can either have long lists of hard to pronounce ingredients or just a couple of basic ingredients. Go for the option with fewer, it's often the same price and an easy way to eat food instead of phud.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.

In Defense of Food film clip that accompanies this lesson:

Salt, Sugar, Fat

Watch at <http://bit.ly/idofclip2>

Learn more about *In Defense of Food* at:

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Food Rules Lesson 3

Lesson 3: **The Claim Game**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Companies often charge more money for foods that claim to improve health. Trying to eat whole grains and save money at the same time? Make homemade oatmeal instead of buying expensive cereals that claim to include whole grains but are often filled with sugar.
- Ironically, some of the healthiest foods don't come with any claims at all. Fruits and vegetables--whether fresh, frozen, canned, or dried--give us many of the nutrients we need without the slick advertising.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.

In Defense of Food film clip that accompanies this lesson:

Phud Phads

Watch at <http://bit.ly/idofclip3>

Learn more about *In Defense of Food* at:

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Food Rules Lesson 4

Lesson 4: **Don't Be Phooled**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- When we buy products that we see on television we are paying for the food companies' marketing budget as well as the food itself.
- Many television commercials are for snacks that are phuds—chips, candy, and sugary drinks. But, there are great snacks that are foods—fruits, nuts, and seeds.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

In Defense of Food film clip that accompanies this lesson:

Marketing Low-Fat

Watch at <http://bit.ly/idofclip4>

Learn more about *In Defense of Food* at:

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Food Rules Lesson 5

Lesson 5: **Supersized**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Did you know that when we eat from smaller plates we eat less? Keep the smaller size cups, bowls and plates in the front of your cabinets so those are the ones your family grabs when they are hungry.
- Supersize portions may seem like a bargain, but when we factor in the long-term health care costs of eating that much phud, small sizes are the real deal.
- Another way to small size it is to get a large and share.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

Not Too Much.

- 4 Avoid foods you see advertised on television.

In Defense of Food film clip that accompanies this lesson:

Serve More, Eat More

Watch at <http://bit.ly/idofclip5>

Learn more about *In Defense of Food* at:

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Food Rules Lesson 6

Lesson 6: **Dia-Beat It!**

Food Rules: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Carry a reusable water bottle with you. That way you will not have to buy a beverage when you get thirsty. Insulated bottles keep water cold, making it especially refreshing in warmer weather.
- Add fruit slices to water or seltzer for a lightly sweetened drink.
- Try adding fruit and a bit of honey to plain yogurt.
- Make air-popped popcorn and add your own salt, herbs, and spices for a tasty and fun snack.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

Not Too Much.

- 4 Avoid foods you see advertised on television.
- 5 Choose smaller plates and glasses.

In Defense of Food film clips that accompanies this lesson:
Sugar Flood and Diabetes: An Epidemic
Watch at <http://bit.ly/idofclip6a> and <http://bit.ly/idofclip6b>

Learn more about *In Defense of Food* at:
pbs.org/indefenseoffood



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Food Rules Lesson 7

Lesson 7: **Rooting for Plants**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Make half your plate fruits and vegetables. Make another quarter a grain like rice, bread, or pasta. Make the final quarter a protein source: beans, nuts, seeds, meat, fish, poultry, or eggs.
- Eat all different parts of plants: seeds, roots, stems, leaves, fruits, and flowers.
- Try making a trail mix with nuts, seeds, dried fruit, and cereal. Put it in small resealable bags to have around as a grab-and-go snack.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

Not Too Much.

- 4 Avoid foods you see advertised on television.
- 5 Choose smaller plates and glasses.
- 6 Make water your beverage of choice. Sweeten and salt your food yourself.

In Defense of Food film clip that accompanies this lesson:

Going Farming!

Watch at <http://bit.ly/idofclip7>

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Food Rules Lesson 8

Lesson 8: **Color Your World**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Look for fruits and vegetables that are deep, rich shades of green, blue, purple, red, orange and yellow. Deeper colors have more of the special compounds in plant-based foods that make them so healthy.
- Try to serve meals with plenty of colors. They will be more visually appealing, more delicious, and more nutritious.
- If there is a farmers market in your community, shop there when you can.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

Not Too Much.

- 4 Avoid foods you see advertised on television.
- 5 Choose smaller plates and glasses.
- 6 Make water your beverage of choice. Sweeten and salt your food yourself.

Mostly Plants.

- 7 If it came from a plant eat it. If it was made in a plant, don't.

In Defense of Food film clip that accompanies this lesson:

Vegetable Surprise

Watch at <http://bit.ly/idofclip8>

Learn more about *In Defense of Food* at:

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Activity Sheet

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Food Rules Lesson 9

Lesson 9: **Lettuce Turnip the Beet**

Food Rule: _____

Eat food. Not too much. Mostly plants.

Family Tips

- Most traditional cultural recipes are healthy, especially those with lots of plant-based ingredients. Cook and eat dishes from your family's culture whenever you can.
- Think about the healthy changes your family has made and be proud. Plan for how you can make these changes permanent habits.
- Cook and eat as a family at least once a week. Family meals are a great way to stay close and share conversation.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

Not Too Much.

- 4 Avoid foods you see advertised on television.
- 5 Choose smaller plates and glasses.
- 6 Make water your beverage of choice. Sweeten and salt your food yourself.

Mostly Plants.

- 7 If it came from a plant eat it. If it was made in a plant, don't.
- 8 Eat your colors.

In Defense of Food film clip that accompanies this lesson:

Secrets of the French

Watch at <http://bit.ly/idofclip9>

Learn more about *In Defense of Food* at:

pbs.org/indefenseoffood



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Food Rules Lesson 10

Lesson 10: **Eat food. Not too much. Mostly plants.**

Food Rule: _____

Eat Food. Not Too Much. Mostly Plants.

Family Tips

- Find out about how people are promoting good food in your community, such as discounts for purchasing fruits and vegetables at farmers markets, or improving school meals. Get involved however you can.
- Try to make healthy choices for your family. Also know it's OK to break the rules once in a while.
- Celebrate healthy changes you have made, and keep making small changes—they add up to big health benefits.

Food Rules from Previous Lessons

Eat Food.

- 1 Eat food you can picture growing in nature.
- 2 Eat food with ingredients that a third grader could pronounce.
- 3 Avoid products that make health claims.

Not Too Much.

- 4 Avoid foods you see advertised on television.
- 5 Choose smaller plates and glasses.
- 6 Make water your beverage of choice. Sweeten and salt your food yourself.

Mostly Plants.

- 7 If it came from a plant eat it. If it was made in a plant, don't.
- 8 Eat your colors.
- 9 Eat more like the French do.

In Defense of Food film clip that accompanies this lesson:

Join the Movement

Watch at <http://bit.ly/idofclip10>

Learn more about *In Defense of Food* at:

pbs.org/indefenseoffood