

# Fooducate Nutrition Challenge!

Name \_\_\_\_\_

Grade \_\_\_\_\_

Directions: With permission from your parents, download the Fooducate app. Once downloaded, click on *Food Finder*. Next, look for foods in your house that have a bar code. Scan 3 bar codes in each food group and record your findings below in the order of the best grade to the worst (A, B, C, D, and F).

## Fruits

Any fruit or 100% fruit juice.

Food \_\_\_\_\_

Grade \_\_\_\_\_

Food \_\_\_\_\_

Grade \_\_\_\_\_

Food \_\_\_\_\_

Grade \_\_\_\_\_

## Vegetables

Dark-green, starchy, red and orange, beans and peas,  
and other vegetables.

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

## Grains

Bread, pasta, cereal, oatmeal, tortillas, popcorn, and  
rice are examples of grain products.

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

## Protein

Meat, poultry, seafood, beans, eggs, nuts, and seeds.

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

## Dairy

All fluid milk products, yogurt, and cheese.

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Food \_\_\_\_\_  
Grade \_\_\_\_\_

Reflection:

Which foods scanned at a grade lower than what you thought?

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Why? (Click on *Explanations* to find out)

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List a healthier alternative to 3 of the foods you scanned. (Click on *Alternatives* for examples)

Original \_\_\_\_\_

Alternative \_\_\_\_\_

Original \_\_\_\_\_

Alternative \_\_\_\_\_

Original \_\_\_\_\_

Alternative \_\_\_\_\_

Complete this form and submit via Canvas or email it to me. I can't wait to see what foods you scan!

Coach Green  
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