



Overview

Nutrition Detectives™ is a 90-minute educational program that teaches children 5 clues to make healthful food choices and detect marketing deceptions by using food labels and ingredient lists. It includes a PowerPoint slide show, a food demonstration, and a hands-on activity in which children examine food products.

Goals

The goals of this program are to:

1. teach children to make healthful food choices and detect marketing deceptions
2. give students the opportunity to practice what they have learned
3. empower children to share their “detective skills” with other family members.

Description

Nutrition Detectives™ is an exciting nutrition program for elementary school children. It provides a novel, creative, engaging, and efficient way to impart crucial information in minimal time. It shows children how to read food labels and detect marketing deceptions, while learning to identify and choose healthful foods. It has been taught in schools throughout the country. The entire length of the program is about 90 minutes. The program can be taught in one, two, or three sessions to meet the individual needs of each program provider.

The program uses a slide show with colorful cartoons and images to convey the concept of healthful eating and how it can be challenging in our modern environment. The slide show shows children how food packages can be deceptive, and how “Nutrition Facts” labels can be used to make better choices. It provides them with 5 clues to make healthful food choices by using food labels and ingredient lists on packaged foods. The children are taught to look for key ingredients such as partially hydrogenated oils, high-fructose corn syrup, and fiber. After learning the clues, the children are assigned to teams that take part in a hands-on “spying on food labels” game. Each team searches through a bag of groceries filled with packaged foods. Each bag contains both “clued-in” (healthful) and “clueless” (less healthful) food products, and the children work together to decide which foods fit into each category.

Nutrition Detectives™ Program was developed by [David L. Katz MD, MPH, FACPM, FAC](#), Director of the Yale-Griffin Prevention Research Center and his wife [Catherine Katz](#), PhD in US. Selen Sonar initiated Nutrition Detectives™ Program in Turkey, with the permission Dr David Katz. She is the official representative of the Nutrition Detectives™ Program in Turkey and presenting the trainings by herself. Selen Sonar is the founder and the owner of the company [Juice Up](#), which serves in raw food and juicing. She is also a certified Health Coach from [IIN](#) and also certified as a Juicing Instructor.

Cost

The program is provided by a fair fee to cover the training costs. Program is non profit-oriented, the goal is to contribute to raising a generation, which is conscious about nutrition and healthy eating habits. Details can be found at www.besindedektifleri.com.tr

Equipment and Supplies Needed

- A laptop computer and Nutrition Detectives™ PowerPoint slide show*
- LCD projector, and screen
- Grocery bags with food samples*
- Markers to label each bag *
- 5 Clues Handouts *
- Nutrition Detectives™ badges for kids *

Will be provided by the instructor according to the content of the requested training.

For more info:

For your question and training requests you may contact us by sending an email to info@besindedektifleri.com.tr