

Instructions for Families

- Print out “Check My Habits: Teens” (page 1 and 2 of packet),
- Print out “**the Secret to Portion Control Is in Your Hands**” (page 3 and 4 of packet),
- Trace the outline of your teen’s hands on the “place mat” (page 3 of packet) and follow the instructions on page 3,
- Print out “**food logs**” (pages 6 through 7),
- Download the **Fooducate** app from your [Android](#) or [iPhone](#) app store or visit <https://www.fooducate.com/> for more information, ,
- Scan food labels in your home and find 2 products that are graded **A** or **B** based on the **Fooducate** app to share with the class,
- Please have a pencils or pens and crayons or colored pencils available for the class