

ACTIVITY

# 1

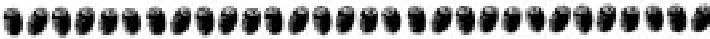
# Food for Thought



You get hungry every day and you eat to satisfy that hunger. You know when you're hungry and you know what foods you like. But what do you know about food in general? Take the quiz below to find out.

**Part I** Read each statement and mark whether you agree or disagree. After you check your answers in a class discussion, take this sheet home to quiz your parents. Find out how much they know about food and nutrition.

**1** Eating a variety of foods each day will provide you with the nutrients your body needs.  Agree  Disagree



**2** Foods from the grain group, along with fruits and vegetables, are the foundation of a healthy diet.  Agree  Disagree



**3** Olives can be used in a variety of ways.  Agree  Disagree



**4** The five-a-day rule means you should eat five times a day.  Agree  Disagree



**5** Strawberry-flavored gum counts as a fruit.  Agree  Disagree



**6** Olives are a fruit.  Agree  Disagree



**7** Water is not a nutrient.  Agree  Disagree



**8** The body gets calories from carbohydrates, fats and proteins.  Agree  Disagree



**9** Olives are low in calories.  Agree  Disagree



**10** Fats found in foods are all the same.  Agree  Disagree



**11** Some dietary fat is needed for good health and taste.  Agree  Disagree

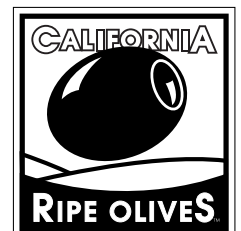


**12** Most American diets contain too much fat.  Agree  Disagree

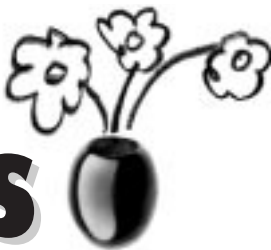


**Part II** Think about the foods that you usually eat. Would you give yourself an "A" for a healthy diet? If yes, great! If not, what changes should you make?

Check out the California Olive Industry web site under the Educator section. [www.CalOlive.org](http://www.CalOlive.org)



# Fat Facts



**F**at is bad, right? Wrong! Too much fat is bad, but we need some fat. It provides our bodies with the fuel we need to function. Within some fats are substances called essential fatty acids. We need them for growth and maintenance of the body. Our bodies can't produce these essential fatty acids, so we have to get them through the foods we eat.

The kind of fat you eat is important! Fats are classified as saturated and unsaturated. The unsaturated fats are broken down into polyunsaturated and monounsaturated.

Type of Fat	Sources
<i>Saturated</i> Linked to high levels of "bad" cholesterol in blood and increased risk of heart attack	Red meats, poultry, cheese, eggs, coconut and palm oils, butter
<i>Polyunsaturated</i> Lowers "bad" cholesterol levels	Corn, safflower, sunflower, sesame oils, some nuts and seeds, soybeans
<i>Monounsaturated</i> Lowers "bad" cholesterol levels and preserves "good" cholesterol levels	Olives, olive oil, canola oil, nuts, and avocados



**California Black Ripe Olives Nutrition Facts**

Serving Size: 1/2 ounce (15 grams)

Amount Per Serving 4 large		
Calories 25		Calories from fat 20
		% Daily Value*
<b>Total Fat</b>	2g	3%
Monounsaturated Fat 1.5g		
Polyunsaturated Fat 0 g		
<b>Cholesterol</b>	0g	0%
<b>Sodium</b>	115mg	5%
<b>Total Carbohydrates</b>	1g	0%
<b>Protein</b>	0g	0%

Not a significant source of saturated fat, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

The best way to find out what fats are in foods is to read the nutrition labels. The label shown here shows you how fat content is listed. Use it to answer the questions.

1. How many calories does this food have per serving? \_\_\_\_\_
2. How many grams of total fat? \_\_\_\_\_
3. What kind of fat does the food have? \_\_\_\_\_
4. Do you think this is a healthy snack? \_\_\_\_\_

Why or why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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# Food on the Move



**M**any foods are grown in the United States today, but some of them are not native to this country. They were brought here by explorers, settlers and immigrants. The climate was similar to where they came from. For example, young olive trees were brought to South America and Mexico from parts of Europe that have warm climates. Then monks planted new trees as they built missions in what is now California — the home of the California Black Ripe Olive.

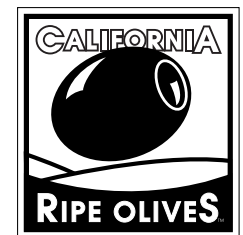
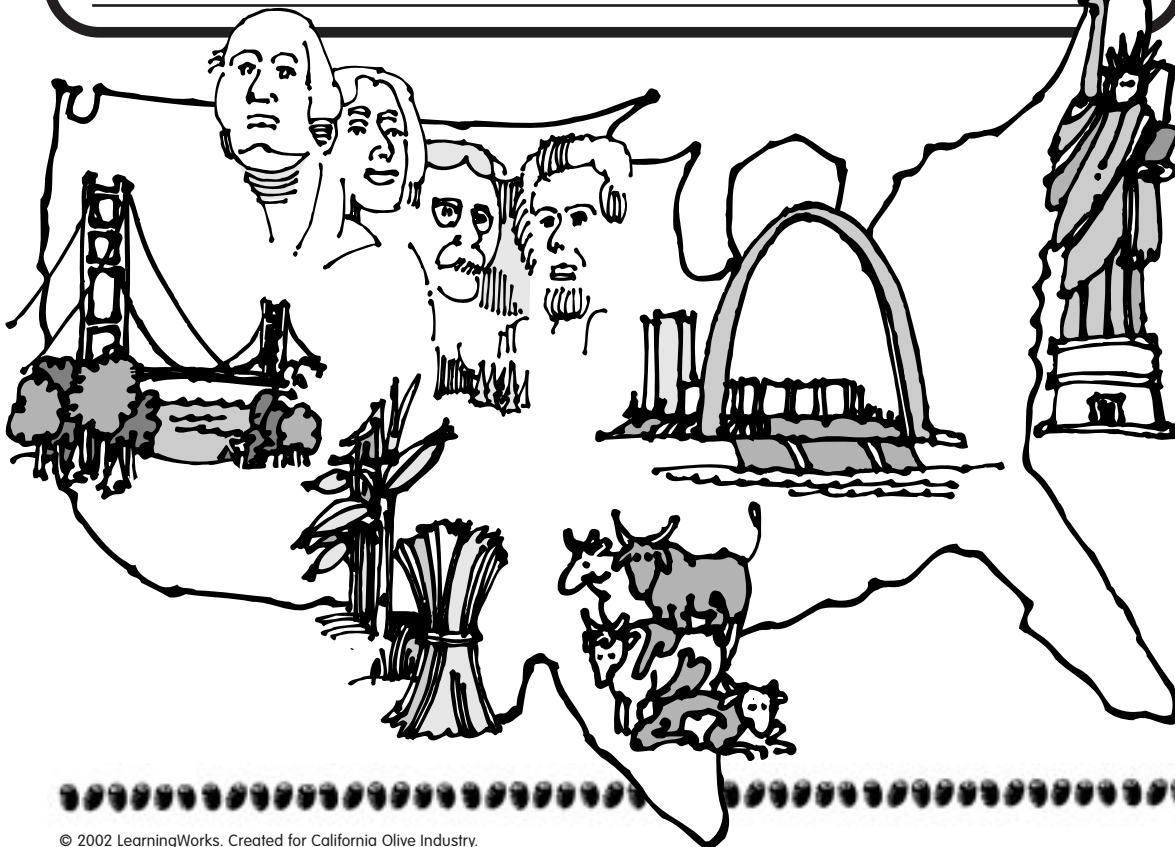
Other states are well-known for specific foods too — Wisconsin for dairy products and Washington for apples, for example. What about your state? Do you have a specific food that is grown or produced there?

Fill in the chart to show what you found out about your state.

State name	Capital
Crops or animals raised	
State bird	State flower
Famous people	
State parks	
Major industries	
Tourist attractions	
Other	

**Part I** States are known for features other than foods produced there. Research your own state to find out some interesting facts. You can use state history books, encyclopedias, almanacs or other reference books. Or you might try the Internet; many states have official web sites that contain this information.

**Part II** In your research you must have learned something new and interesting about your state. If you could tell someone one interesting thing about your state, what would it be?



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Some olive math challenges are on this page. Sharpen your pencils. Then get going and sharpen your math skills as you figure out the answers.

**1** Larissa and her dad are making cheese and olive burritos for a party. They plan to make 11 burritos. The recipe calls for 8 black ripe olives in each burrito. How many cans will they need to buy if each can contains 15 olives?

Answer: \_\_\_\_\_

**2** Your mom has sent you to the store to buy black ripe olives. She wants you to get as many cans as possible for \$10. Each can costs \$1.29. How many cans will you be able to buy?

Answer: \_\_\_\_\_

**3** It's pizza time! Your mom knows that everyone is hungry, so she orders two pizzas. Each pizza is

cut into 8 slices. There are four people in your family. If each person gets an equal number of slices, how many will each person get?

Answer: \_\_\_\_\_

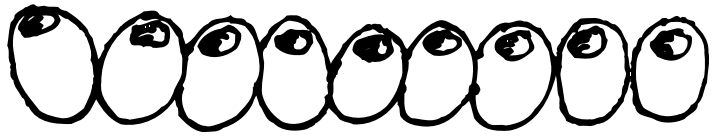
Each piece has two black ripe olives sliced on it. How many olives does each person get?

Answer: \_\_\_\_\_

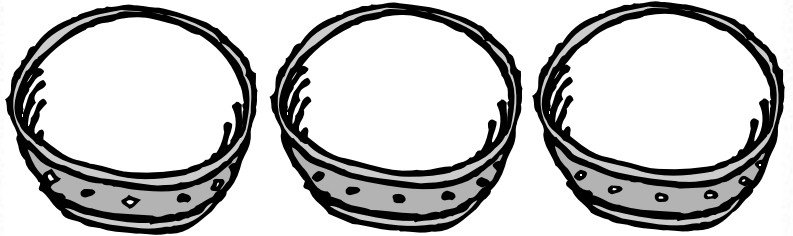
**4** Oscar is trying to limit the grams of fat he consumes each day. His doctor has said that his nightly snack should not be more than 75 calories. He loves big black ripe olives known as Jumbos. He's not worried about the fat because olives have "good fat." Each Jumbo olive has 7 calories. How many olives can he have?

Answer: \_\_\_\_\_

**More Olive Challenges: 5** Color in 1/3 of the olives shown below.



**6** Olivia has 24 olives to divide equally into 3 bowls. How many should go in each bowl?



**7** Your friend has offered to give you 3/6 of her olives. What is another way of saying that amount? Answer: \_\_\_\_\_



**8** Mike is making olive sticks for a party. The drawing shows the stick with one olive on it. How many olives will Mike fit on the stick? Answer: \_\_\_\_\_

- 4
- 6
- 8



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