

# Happy Halloween!!!!



Halloween is a time for parties, fun, and of course treats!!!! But Halloween is also a time for making important choices. We need to make choices about treats that are safe and healthy for us...

1. You and a friend are trick-or-treating in your neighborhood. At one house, you are offered the choice of Gummi Bears or Sweet Tarts. Use the Food List to look up the phe values of these two treats.

10 Brach's Gummi Bears \_\_\_\_\_ mg phe  
8 Sweet Tarts \_\_\_\_\_ mg phe

Which one of these treats would you choose? Why?

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2. At the next house, you are offered the choice of a small Hershey's bar or 3 Jolly Ranchers. Again, use the Food List to look up the phe values of these two new treats.

mini Hershey's bar \_\_\_\_\_ mg phe  
3 Jolly Ranchers \_\_\_\_\_ mg phe



Which one of these two treats would you choose? Why?

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3. Down the street, you are offered a handful of jelly beans or a small box of raisins. Use the Food List to look up the mg phe in these two treats.

14 Brach's Jelly Beans \_\_\_\_\_ mg phe  
raisins, 1/4 cup \_\_\_\_\_ mg phe

Which is the treat of your choice? Why?

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4. At a neighborhood community center party, there are baskets of treats. Each person in costume is allowed to choose a treat from two of the four treats offered. The baskets contain: balloons, small bags of trail mix, stickers, and small packages of crackers. Which two treats would you choose? Why?

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5. At the same party, the mother of one of your friends is serving the snacks. She notices you evaluating the choices and says, "Here, try one of these chocolate chip cookies. I made them for the party." What will you do or say?

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6. In addition to the chocolate chip cookies, there are cupcakes, caramel apples, apples, popcorn balls, apple cider, jelly beans, and doughnuts. You and your parents have talked about choices at parties. You have talked about healthy choices that are low in both sugar and phe. When you return home, your mom asks you if you had fun. She also asks you about your food choices. What will you tell your parents?



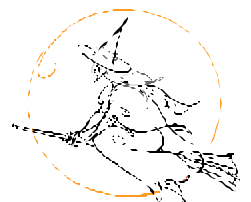
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