

# Thanksgiving Activity

What would you do in the following situations?

1. It is Thanksgiving Day and you are at your Aunt Ruth's house for dessert. She says, "Why don't you have a little piece of the pumpkin pie I made. I am sure one small piece won't hurt you." How will you handle this situation? What will you tell your Aunt Ruth?

---

---

---

---

2. The menu for Thanksgiving this year includes:

turkey

swęzt potatoes with marshmallows

stuffing

mashed potatoes and gravy

cranberries

lime Jęll-O mold

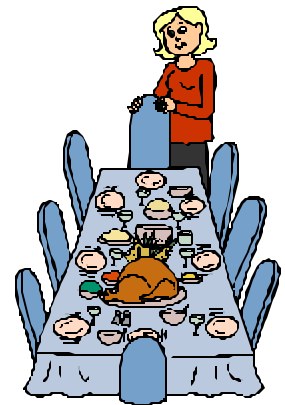
tossed salad

butteręd peas and cauliflower

pumpkin pie

rolls and butter

cranberry bread



Circle the foods you will eat. Which foods could you add or change so the dinner would be better for you?

---

---

---

---

3. Your grandma calls and says, "I am going to make pumpkin pie for dessert this year. Can you tell me how to modify this recipe so you can enjoy the pie too?"



Original Recipe

- 1 9-inch pie shell
- 1 can pumpkin
- 1 egg
- 1 can evaporated milk
- 2 teaspoons pumpkin pie spices

Modified Recipe

---

---

---

---

---

4. Your Aunt decides to have a potluck dinner for Thanksgiving this year. What would you like to bring to the potluck that you can eat?

---

---

---

---

5. List 3 strategies that will help you maintain healthy blood levels during the Holiday Season.

1. 

---

---

2. 

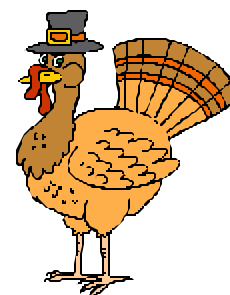
---

---

3. 

---

---



University of Washington PKU Clinic  
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>