

Episode 209: "Is This Your Birthday?" - Activity 39

Discuss the difference between junk foods and healthy foods. Look through magazines and identify both healthy and junk foods. Ask you child what types of foods are usually served at a fiesta de cumpleaños (birthday party). Discuss how pastel (cake), caramelos (candies), and soft drinks are full of sugar and when consumed by themselves do not represent a healthy, balanced approach to eating. Challenge your child to create a fiesta de cumpleaños (birthday party) menu that is healthy and enjoyable. Discuss the menu in terms of the food groups. Try out the menu at the next "fiesta."

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