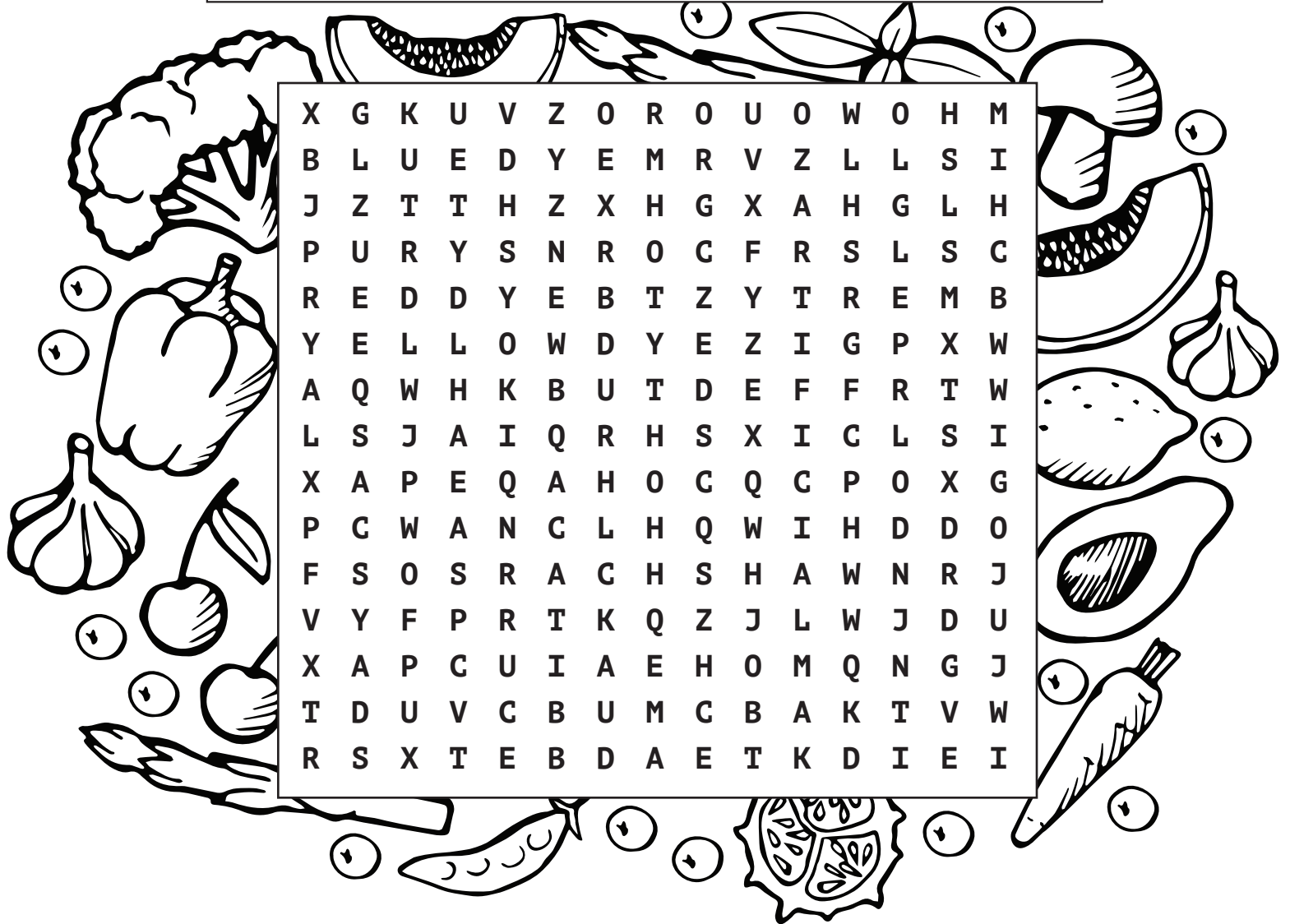


POWER KIDS

ACTIVITY SHEET

BIG BAD ADDS

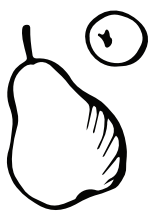
X	G	K	U	V	Z	O	R	O	U	O	W	O	H	M
B	L	U	E	D	Y	E	M	R	V	Z	L	L	S	I
J	Z	T	T	H	Z	X	H	G	X	A	H	G	L	H
P	U	R	Y	S	N	R	O	C	F	R	S	L	S	C
R	E	D	D	Y	E	B	T	Z	Y	T	R	E	M	B
Y	E	L	L	O	W	D	Y	E	Z	I	G	P	X	W
A	Q	W	H	K	B	U	T	D	E	F	F	R	T	W
L	S	J	A	I	Q	R	H	S	X	I	C	L	S	I
X	A	P	E	Q	A	H	O	C	Q	C	P	O	X	G
P	C	W	A	N	C	L	H	Q	W	I	H	D	D	O
F	S	O	S	R	A	C	H	S	H	A	W	N	R	J
V	Y	F	P	R	T	K	Q	Z	J	L	W	J	D	U
X	A	P	C	U	I	A	E	H	O	M	Q	N	G	J
T	D	U	V	C	B	U	M	C	B	A	K	T	V	W
R	S	X	T	E	B	D	A	E	T	K	D	I	E	I



ARTIFICIAL
MSG
ASPARTAME
REDDYE

BLUEDYE
SUCRALOSE
CORNSYRUP

TRANSFAT
GMO
YELLOWDYE



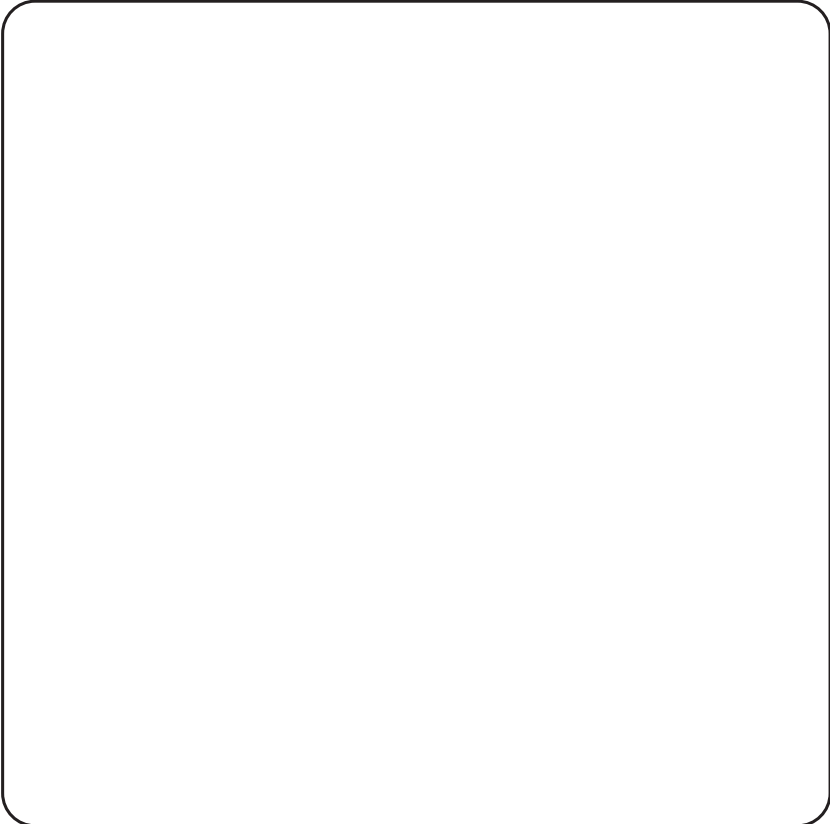
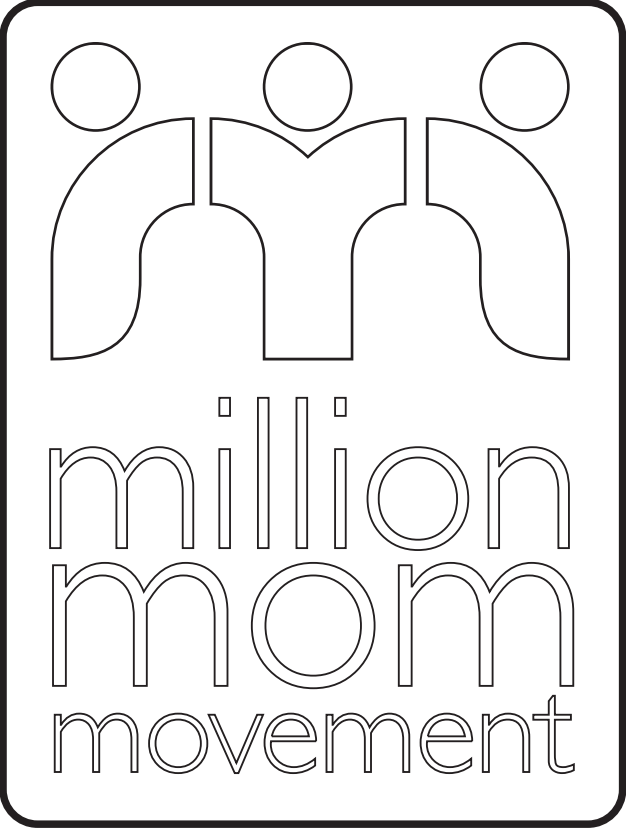
COLORING

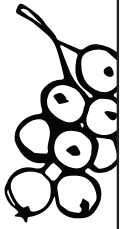


"NO BIG
BAD ADDS
FOR ME,
MOM!"

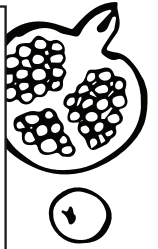


DRAW AND COLOR YOUR FAVORITE
FOOD PRODUCT/SNACK:





CIRCLE THE BIG BAD ADDS



FIND AND CIRCLE THE BIG BAD ADDS IN THE INGREDIENT LISTS BELOW

High Fructose Corn Syrup	Acesulfame Potassium	Sulfur Dioxide
Saccharin	Monosodium Glutamate	Potassium
Aspartame	(MSG)	Bromate
Splenda	Sodium Nitrate/Sodium	Blue Dye
Sucralose	Nitrite	Yellow Dye
Neotame	Trans Fat	Red Dye
Cyclamate	BHA/BHT	

Fruit Punch, find 4 Big Bad Adds:

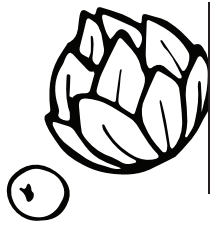
Water, High Fructose Corn Syrup and less than 2% of: concentrated juices (apple, orange), ascorbic acid (vitamin C), alpha tocopheryl acetate (vitamin E), vitamin a palmitate, citric acid, natural flavors, pectin, canola oil, modified corn starch, yellow 5, yellow 6, sucralose, potassium sorbate and sodium hexametaphosphate (preservatives), calcium disodium edta (to protect color)

Cheese Chips, find 4 Big Bad Adds:

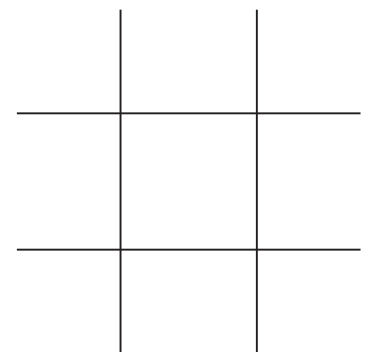
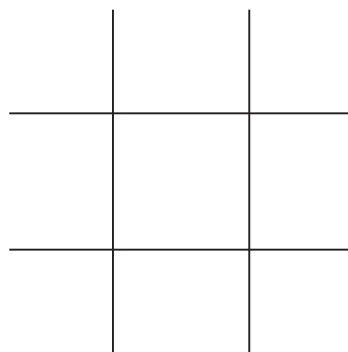
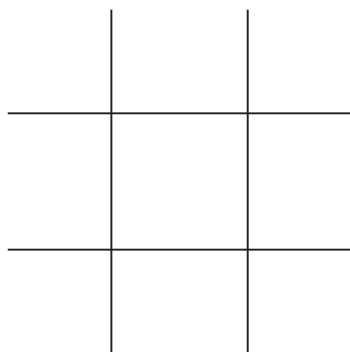
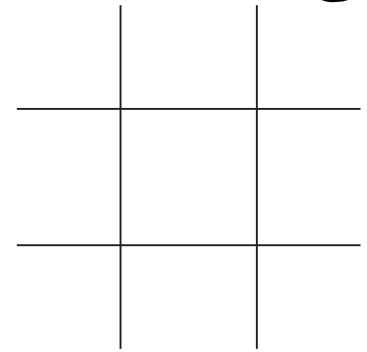
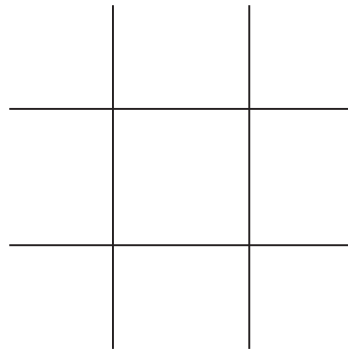
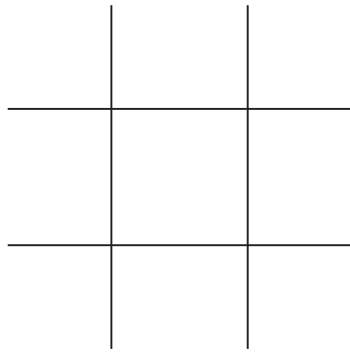
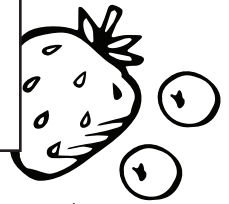
Whole corn, vegetable oil, salt, cheddar cheese, maltodextrin, whey, monosodium glutamate, romano cheese, whey protein concentrate, onion powder, partially hydrogenated soybean and cottonseed oil, corn flour, natural and artificial flavor, tomato powder, artificial color (including Yellow 6, Yellow 5, Red 40), citric acid, sugar, corn syrup solids

Packaged Chocolate Pastry, find 3 Big Bad Adds:

Sugar, wheat flour, vegetables and/or animal shortening, cottonseed, canola oil, or beef fat), corn syrup high fructose, corn syrup, whey, corn starch modified, leavening, salt, corn syrup solids, calcium carbonate, calcium sulphate, dextrose, soy lecithin, wheat gluten, gelatin, caramel color, chocolate liquor, locust bean gum, potassium sorbate, and, sorbic acid, to retain freshness, flavors natural & artificial



TIC TAC TOE



WORD HUNT



STEP #1 Check the labels in your pantry for these Big Bad Adds:

Red #40

Red #3

Blue #1

Blue #2

Yellow #6

High Fructose Corn Syrup

Sucralose

Artificial Coloring

Trans Fat

Aspartame

Sodium Nitrate

STEP #2 Write down the foods you find that have Big Bad Adds:
