At this month’s meeting, you learned about how the Nutrition Facts label on a food gives you information on what vitamins and nutrients are present in each food. As a community activity, visit your local library to research what each of these nutrients is and what it does for the body! Below are some ideas and questions to get you started!

Consider making a poster to display your information. You can give a presentation at the next club meeting or at a local civic club meeting, such as Rotary or Kiwanis. You can also ask if you can display your poster at a local grocery store or in the school cafeteria!

### Some ideas to include:

- Calories, Fats, Cholesterol, Sodium, Potassium, Carbohydrates, Protein, Vitamin A, Vitamin C, Calcium, Iron

Which of the above should be limited? Which should we get enough of?

In what foods can the above be found?

How does your body use each nutrient or vitamin? Why is it important to get enough of the nutrients we need?

Can you think of more ideas?