



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Find the fruit & veggie of the month at www.harvestofthemonth.com

Discuss with your family all of the ways in which advertising influences your food choices.

Watch one hour of TV and count how many food ads you see. How many are for healthy foods?

Week 2

Cut out food ads from a magazine and make a collage with healthy foods on one side and unhealthy foods on the other.

If you watch TV today, keep track of what you eat during that time.

Week 3

Look at cereals in the grocery store. What do companies do to get you to buy their products?

Discuss with your family how fast food restaurants get customers to buy their food.

If you watch TV today, leave the room during the commercials. Grab a piece of fruit!

Week 4

Create an ad for a healthy food or physical activity and share it with your family and friends.

Make a healthy food choice today regardless of company advertising.

NATIONAL TV TURNOFF WEEK

Week 5

Make a list of all the things you can do instead of watching TV.

Play a game with your family after dinner tonight instead of watching TV.

Read a book after school today instead of watching TV.

Go for a walk with your family after dinner tonight instead of watching TV.

Play with a friend after school today instead of watching TV.



Consumer Beware

