Today you are eating a breakfast sandwich containing materials from the Sodexho Food Company that provides the food to all Helena School District schools. Your task today has two parts, the first is to create a nutrition label for the sandwich using the instructions below, and to then answer the reflection questions in part two.

**Part 1: Nutrition Label**

Using the following website, <https://goo.gl/msOzwD>, you will find the amounts of each of the different pieces to the sandwich (English muffin, egg patty, sausage patty) to add together to create a nutrition label for the meal. You will need to do some math for this and be sure to include each food in the final label.

For each of the foods, you can Google them to find out their nutrition facts, for example you can search “Sodexho Sausage Patty Nutrition Facts” and the nutrition label option will be available to you. **Be sure when you look here that you look at serving sizes and alter your numbers accordingly.**

Once you have all the foods, combine the facts to create your own nutrition label for the meal. You can print your label (HH-HEALTH-O1), or email it to kesslerbengalhealth@gmail.com.

**Part 2: Reflection Questions**

Answer in complete sentences, if you print your nutrition label, write on the back of that sheet, if you emailed the nutrition label, use your own paper and turn into the folder when completed.

1. What nutrients are we gaining healthy amounts of from the breakfast sandwich? Remember to look back at your nutrition label hand out for percentages and amounts we need to try and maintain for healthy intake of certain nutrients to help answer this.
2. What nutrients are we gaining unhealthy amounts of from the breakfast sandwich?
3. Is this food something you would consider eating on a regular basis? Why or why not?
4. What would you do to make this food a healthier option? What food groups are we missing?
5. Do you eat in the cafeteria? If so, how often? If not, why not?
6. What influences the food choices that you make?

**Begin Thinking!**

Now that we have had some different food options, begin thinking about your final project in this class. You will be charged, with a group, to create your own healthy breakfast option. Think about your options, what might work, and how you could go about creating this meal!