KidsHealth in the Classroom

Health Problems Series

Obesity

Name: **Date:**

Media Alert!

Instructions: Look through a grocery store circular. Make a list of the healthy and unhealthy foods you see on each page. When you have finished looking at a page, record the final count in the number (#) column. Then, pay attention to the commercials you see during 1 hour of TV. Take notes on what you see.

Grocery Store Circular

Page	Healthy foods	#	Unhealthy foods	#
	TOTAL		TOTAL	

TV Commercials

Commercials showing healthy foods	Commercials showing unhealthy foods

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