

Fact and Opinion Cards

Fact

Opinion

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Video Review

Red Riding Hood and the Well-fed Wolf

This video is a new twist on the old story. Red Riding Hood and her animated friends inform the wolf about nutrition and the food pyramid. Make sure students are familiar with the traditional tale before viewing the video. The teacher may want to plan a language arts lesson to compare/contrast the two versions.

Some factual statements from the video dialog include:

- The pyramid is arranged by the number of servings you ought to have each day.
- There are other things to eat besides meat.
- You need other things in your diet besides protein.
- Dairy products give you large quantities of vitamins and minerals.
- Some dairy products can be high in fat.
- Eating from only one food group is bad for you.
- They (vegetables) supply you with important vitamins like A and C that help you fight disease.
- The starchy vegetables like potatoes, winter squash, and corn give you carbohydrates for energy.
- Vegetables and fruits are the second level of the pyramid.

Some opinion statements from the video dialog include:

- You look like you got hit by a giant snitzelbonk.
- I like lamb, a little piglet, and maybe an occasional chicken.
- I happen to like meat.
- Fruit is the most happening thing happening.
- This is depressing.
- That sounds just perfect.
- I bet this will be the best meal you ever tasted.
- I guess I could use a good meal.
- I feel better already.
- I guess you've got a point there, Red.
- I think what you need is a good exercise program.

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Local Restaurant Receives Award



The Fish Fryer Restaurant recently received the prestigious Master Chef Award for being voted the best seafood restaurant in Bay Town. The poll was taken by the Bay Town Restaurant Association. Of the two hundred and fifty people polled, one hundred people believe the Fish Fryer serves the best seafood in Bay Town.


Alvin Alzo, head chef of the restaurant, believes the restaurant won the award because of his special way of frying seafood. However, the restaurant servers think it is because of the wonderful service they provide. The owner is also quick to point out that the atmosphere is relaxing and enjoyable. Whatever the reason, choosing to eat at the Fish Fryer is a choice you won't regret!


Slimway Eatery Features Dieter Specials

Richard White, owner of the Slimway Eatery, wants everyone to know about Slimway's new Dieter Special Meals. He states, "We have seven new meals that are delicious and they help you lose weight, too." The meals are well balanced and each has less than 500 calories. "Our customers love them," states Mr. White. He invites you to come by the eatery and give one a try.



Key

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