**CheMystery**

Wednesday Schedule

9:00 Introduction to Nutrition and Health, Glucose Riddle, Unfinished Business and Questions

9:15 Food Labeling, Introduction to Sugars, Energy Conversion in the Body and Super Sleuth Challenge (w/Video)

10:00 Break

10:10 Cabbage Soup and Pesto Sauce Demonstration (Snack Time)

10:45 Cool Tricks: How Peppermint Affects the Body (Bring Peppermints to Class)

10:55 Food Allergies, Types, Activities, Treatments, and Writing a Menu for People with Allergies

12:00 Lunch and Free Time

1:00 ACS Then & Now, Introductions to Vaccines and their Importance on the Body

1:20 Diabetes Introduction, the Types, HealthWorks Journey (Anatomy Presentation) & Video

2:20 Introduction to Obesity, Important for Physical Activity and Parental Involvement, Teaching Kids about Active Weight Management and “Dieting,” Quiz, and Healthy Eating Plate

3:30 Free Time/Clean & Pack Up

3:50 Go to Auditorium