

## Teachers' Voices

"My students took the comparison of labels very seriously and prepared what to say in their presentations which helped to synthesize their learning experience and knowledge."

--*Jeannie Kahaney, Center for Immigrant Education & Training at LaGuardia Community College*

"The students just couldn't believe that there was that much sugar in Coke. They guessed from 4 to 11 teaspoons. Also, the follow-up activity to the bodega where they had to find lower sugar/calorie drinks made a big impression and a lasting one too, too."

--*Judy Franz, Fifth Avenue Committee*

"I, as well as my students, feel this 'Healthy Bodegas' Campaign is a very important action. For many of them, this was their first time purchasing food after label reading. Their analysis of different kinds of drinks and visits to bodega owners provided them with first-hand proof that unhealthy drink behaviors must be challenged and changed!"

--*Wendy Wen, Department of Education Office of Adult & Continuing Education*

"I included a two-week lesson on keeping a daily record of all foods and drinks consumed. I gave the students a small notebook to log in the type of food and the serving size consumed. I showed a clip from the movie "Super Size Me" to the students. It focused on serving size. They were amazed that a fast food restaurant would sell a 32 ounce beverage."

--*Stacy Teter, Kingsborough Community College*

"One student completely cut out soda. Another said he's trying to reduce the amount of fruit drinks he was having. One student was surprised by the sugar in commercial iced tea, a drink which sounds sort of healthy, but in fact is quite high on sugar when you actually look closely at the labels. I'm trying to drink a bit less coffee and more water!"

--*Karen Griswold, Lehman College Adult Learning Center*

"I believe the nutrition lesson should be a part of not only ESL classes but in all the schools and programs and in all the communities around the City of New York."

--*Purificacion Padilla, St. Jerome's Church*