

Name:

## Letter Planning Sheet

Decide whether you think your food is healthy, somewhat healthy, or unhealthy. Write this as a complete sentence.

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**Form your opinion.** Should the cafeteria staff include this ingredient in the new menu?

Yes! It would be a good addition to our menu.

No. It would not be a good addition to our menu.

**Support your opinion.** Choose 3 out of the 4 nutrient boxes below to complete. These will be your supporting details in your letter.

Amount of **Fat**

How much? \_\_\_\_ g

Why is this amount okay or not okay?

Amount of **Sodium**

How much? \_\_\_\_ mg

Why is this amount okay or not okay?

Amount of **Carbohydrates**

How much? \_\_\_\_ g

Why is this amount okay or not okay?

Amount of **Protein**

How much? \_\_\_\_ g

Why is this amount okay or not okay?