

# Food Labels Are Your Friend

## Lesson Description

In this lesson, students practice reading a Nutrition Facts food label. They will also compare several key nutrients from the 2 different Nutrition Facts food labels of 2 different foods: carrots and Cheetos.

- Time required: 60 minutes
- Location of lesson: Classroom

## Learning Objectives

- Read a food label on food packages and learn to find serving size and major nutrients.
- Compare major nutrients on food labels from 2 different food packages.

## Attitude and Behavior Goals

- Make healthy snack choices by reading and understanding the Nutrition Facts Food Label.

## Teacher Background Information

- Students are already familiar with the key 6 nutrients from the previous lesson. Now they are ready to find the nutrients listed on food packages. By teaching students how to read a food label and compare the nutrient content of 2 different foods, we are empowering them with the practical skill to recognize and choose healthy packaged foods.

## Materials and Preparation

- Projector
- 🖱️ **Carrots vs. Cheetos Nutrition Facts** food labels page to project onto wall
- 📖 **Nutrients in Our Lunch**
- 📖 **Reading Nutrition Labels - Medium Orange**
- 📖 **Carrots vs. Cheetos**
- Prepared vegetable snack of the week – 1 for each student
- Water to drink during the Class Warm-up – water dispenser in the classroom and 1 cup or a water bottle for each student

## Class Warm-up: Champion Cheer and Veggie Taste Test (5-10 minutes)

- Give each student a cup of water or ensure that they have a filled water bottle in front of them.
- Give each student the prepared veggie snack of the day.
- Lead the students in enthusiastically reciting the 📖 **Champion Cheer**.
- At the end of the cheer, drink water and eat the veggie snack together.

- Have students complete their  **Taste Test Observations** about the vegetable snack of the week.

### Review of Last Lesson (2-3 minutes)

- Review the evaluation questions from last week's lesson. Evaluation questions from all lessons are listed at the end of the workbook .

### Class Discussion (10-15 minutes)

*We've learned about the 5 food groups and what they do for our bodies. We've also started learning about the 6 key nutrients in food.* Refer students to the  **Nutrients in Our Lunch** workbook page and review the 6 key nutrients and what they do for our bodies: carbohydrates, fat, minerals, protein, vitamins, and water.

*The Nutrition Facts food label is a tool that tells us how much of each nutrient is in foods. Most foods that come in a package at the grocery store have a Nutrition Facts food label on it. Has anyone ever seen a Nutrition Facts food label? Why do you think Nutrition Facts food labels are important?*

### Activities (30 minutes)

-  **“Reading Nutrition Labels- Medium Orange” (10 minutes):** Students practice finding serving size and major nutrients on a food label together as a class.
  1. Choose students to read aloud each box on the workbook page to the class. Begin with serving size and move down the label. Calories, total fat, total carbohydrate (fiber and sugars are the major types of carbohydrates), protein, vitamins and minerals.
-   **“Carrots and Cheetos” (20 minutes):** Students first practice reading Nutrition Facts food labels and finding major nutrients and then play a game that compares the Nutrition Facts food labels of carrots and Cheetos.
  1. Refer students to their workbook page titled,  **Carrots vs. Cheetos**. Project the page  onto the wall for all to see. Practice reading a Nutrition Facts food label for carrots.
    - a. *Which food is this food label for?*
    - b. *How many carrots is it telling you about? (Answer: 1 cup)*
    - c. *How do you know how many calories are in the carrots? Ask a student to come up and point to the calories section.*
    - d. *How many calories are in the carrots? (Answer: 52 calories in 1 cup of carrots)*
    - e. *What are some of the 6 key nutrients we talked about today? (Answers: vitamins, minerals, carbohydrates, fats, protein, water.)*
    - f. *Do you see any of these listed here? Ask students to come up and point to the key nutrients.*

2. **Carrots vs. Cheetos Game:** Students will take turns coming to the front of the room 2 at a time and answering a question by pointing to the correct line on the Nutrition Facts Food label that is projected onto the wall. The goal is to find the correct answer first. Ask questions that refer to the major nutrients that have been discussed [serving size, calories, total fat, protein, carbohydrates (fiber and sugars), vitamin A, vitamin C, calcium and iron]. Continue rotating students until everyone has had a turn.
- How much fat is in the carrots? Cheetos?*
  - How much fiber is in the carrots? Cheetos?*
  - How many calories are in 2 cups of carrots? Cheetos? (hint: have to multiply the calories in one serving by 2)*
  - Which has more vitamin A? Vitamin C? Calcium? Iron?*

**Evaluation Questions (5 minutes)**

- Name 3 things that you can find on a food label. (Answers: serving size, fat, calories, etc.)*
- Can you name 3 nutrients that we need from food? (Answers: carbohydrates, protein, fat, vitamins, minerals, water)*
- What is a food you will get a lot of vitamin C from? (Answers: oranges, or other fruits and vegetables)*
- Name 1 reason why Nutrition Facts food labels are important. (Answers: tells us how much of each nutrient is in foods, helps us to compare foods, helps us to choose healthy foods)*
- What types of foods can you get protein from? (Answers: meats, beans, eggs, nuts)*
- How much water should you drink every day? (Answer: at least 6 cups of water a day)*
- How many fruits and vegetables should you eat every day? (Answer: at least 5 fruits and vegetables a day)*
- Does gardening connect you to your culture and help you learn new words in your language? (Answer: yes)*

**Preparation for Future Lessons – Reminder for the Instructor**

- Review the materials and preparation needed for the next lesson.
- Remember that an Elder guest instructor is needed for these Fall lessons: Lesson 2 (Exploring Plant Parts), Lesson 4 (Traveling Seeds), Lesson 6 (Winterizing the Garden) and Lesson 10 (Companion Planting and Traditional Cooking).

**Notes**

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