



Grades 3-5

## Lesson #14 Food Label Fun

### Time Table

**Total Time: 30 minutes**

- 2** Minutes: Introduction to Lesson
- 15** Minutes: PowerPoint Presentation/ Lesson
- 10** Minutes: Activity: *Food Label Word Find*
- 3** Minutes: Explain Take Home: *Grocery Store Scavenger Hunt*

**Goal:** Teach students how to read and understand food labels to help them make healthier food choices.

### Objectives:

Students will:

- Understand which foods have a food label
- Be able to locate where food labels are placed on a packaged product
- Identify information and different nutrients found on the food label
- Compare nutrients between different food labels

### Materials:

- Lesson:
  - *Fit4Kidz Food Label* teacher reference
  - Empty food package with food label on it
- Activity:
  - *Food Label Word Find* student activity worksheet
  - Markers or crayons
- Take Home: *Grocery Store Scavenger Hunt* student activity worksheet

### Instructions:

1. Begin the lesson with a quick review of last week's lesson on the body and nutrients we need by asking what foods they had last week that were high in a particular nutrient (ex. calcium in milk).
2. Tell students that this week's lesson focuses on food labels and all the cool information you can get from them.
3. Ask students to raise their hands if they have ever seen a food label. Tell students that not all foods have food labels. Ask them to name some foods that they have seen have a food label.
  - Inform students that all packaged/processed foods have labels and whole, fresh foods such as fruits, vegetables, fresh fish and meats do not.
  - You can find food labels on:
    - Canned food
    - Frozen food
    - Cartons
    - Boxes

- Bottles

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- Using an empty food package as an example, show students where the food label is located and what it looks like. Then using the *Fit4Kidz Food Label* printout, go through the information found on the food label starting from the top and inform them that knowing what is on a food label can help you make better food choices!
  - **Serving sizes** – amount of food in one serving
    - Ex. 1 slice of pizza or ½ cup of juice
  - **Servings per container** – how many servings are in the package of food
    - Ex. 8 servings in a pizza, 24 servings in a jug of juice
  - **Calories** – number of calories in one serving. This indicates how much energy you will get from one serving of the food
    - Low ≤ 40 calories
    - Moderate = 100 calories
    - High ≥ 400 calories
  - **Calories from fat** – how much energy comes from fat in one serving
  - **Total fat** – amount of all different kinds of fat in one serving
    - Need small amount of fat in diet
    - Want foods low in saturated fat and trans fat (less than 5% daily value) since these fats are bad for your heart
  - **Cholesterol** – amount of cholesterol in one serving
    - Want this number to be low (less than 5% daily value)
  - **Sodium** – amount of salt in one serving
    - Want this number to be low (less than 5% daily value)
  - **Total Carbohydrate** – sugar and dietary fiber are types of carbohydrates
    - Want to limit foods with added sugar
    - Fiber is good for you and helps your heart and your stomach.
      - 4 grams or more is high
  - **Protein** – the building blocks for all cells. Need protein to repair muscle.
  - **Vitamins and Minerals** – Ex. Vitamin A, Calcium, Vitamin C, Iron
    - Choose foods with high % daily value (20% or more is high)
    - Vitamins and minerals help your body stay healthy and strong.
  - **Daily Value**
    - 5% or less is low – try to stay low in total fat, saturated fat, cholesterol and sodium
    - 20% or more is high – try to stay high in vitamins, minerals and fiber
- Activity:** Have students complete their *Food Label Word Find* activity worksheet.

### Activity:

Pass out the *Food Label Word Find* student activity worksheet. Have students use markers or crayons to draw a circle around the words that represent what is found on a food label. This activity reinforces the concepts learned from today's lesson and ensures students are able to recognize the information a food label provides.

### Take Home:

Have students go on a grocery store scavenger hunt with their parents using the take home worksheet. This will give them an opportunity to use their new-found food label knowledge to choose healthier food options!

For further reference, students and families can visit [www.fit4kidz.us](http://www.fit4kidz.us).