


Kidz for Life Health Education Lesson Plan

 <p>Think About It!</p> <p><u>Food Labels</u></p> <p>Did you know... Most people estimate that a serving measures less than it really does?</p> <p>Have you thought about... Why the government has a role in requiring nutritional information on food packaging?</p> <p>Activity... Bring food packages to class that have nutrition facts on packaging, and practice answering the questions on the activity sheet with those items.</p>	<p>Grade Level: 4th</p> <p>Unit 1: Nutrition and Physical Activity</p> <p>Lesson 5: Food Labels</p> <p>Standard: AZ- S1.C3.PO2 CA- 3.2.N NAT- 5.5.5</p>	<p>Prior Knowledge: Students do not need any prior knowledge about nutrition labels because all information about them is explained in this lesson.</p>
	<p>Objectives:</p> <ul style="list-style-type: none"> • Students will learn how to obtain information from food labels that supports making healthy choices. <p>Key Vocabulary: Calories, Sodium, Serving Size, Fat, Vitamins, Minerals, Protein, Sugar</p>	<p>Cross Curricular Integration: Art: Have students create a poster about nutrition facts. They will need to provide a heading for each and then paste a food label under it. They will then circle the information on the food label and describe why it is important to know.</p>
	<p>Materials:</p> <ul style="list-style-type: none"> • Reading Nutrition Facts Activity Sheet • Items with nutrition facts on them 	
	<p>ACTIVITY: Guided Instruction: Collect items with nutrition facts on them several days before the lesson. Pass out items to students so students will receive 5 items. If there are not enough items students can trade their items with other students to collect their information. The task is to explain the government's role in providing information to enable healthy food choices. (e.g. Why do they require the nutrition information to be reported? What do these nutrition facts tell us?) Give students the Reading Nutrition Facts activity sheet. Review what information they will be looking for (what are calories, fat, protien, etc.), and ask students to review why the information on the label is important. Allow students time to answer the questions.</p> <p>Divide the class into groups, assign each group an item of nutritional information (e.g., calories, fat, carbohydrates, vitamins and minerals), and let them brainstorm the reasons the information is included, and the impact of the item on health.</p> <p>Review answers to the questions on the activity sheet when the class reconvenes. Ask students how information on the Nutrition Facts label might influence their decision to buy the product (including judging the value for the price).</p>	
<p>Modifications/ Enrichment: Have students find nutritional information on foods they find in their home.</p>	<p>Assessment: Use the students' activity sheet to determine whether the students understand how to read a nutrition label.</p>	
<p>Teacher's Corner: Focus on using information to make healthy eating decisions. Emphasize that where calories come from may make a difference, and that all foods with the same number of calories are not alike.</p>		

Name: _____

Reading Nutrition Facts

Directions: Fill out the information below for each of your food labels.

Name of the item you are evaluating: _____

1. What is the serving size? _____
2. How many servings are there? _____
3. How many calories are there? _____
4. How much total fat is there? _____
5. How much sugar is there? _____
6. How much protein is there? _____
7. How much sodium is there? _____
8. List some of the vitamins and minerals _____

9. List the first 5 ingredients _____

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