

Label Reading

Learning Objectives

- I can analyze food labels to find RDA information and assess how healthy/unhealthy food items are. [5.1d, 5.2d, and 5.3c]

Teacher Notes

- This activity should be the culmination of your nutrition unit
- Students will need to have a food label with them to analyze. Preferably this would be a food that they might eat, and maybe one that they aren't sure whether it is healthy or not.
- Students will work independently on this activity. If they finish early, they can analyze a 2nd food label using the same process
- Please re-emphasize that the conclusion students make at the end of the guide is not about being right or wrong as to whether the food is healthy, more about how they use nutrition facts to back up whatever conclusion they made.
- I also recommend having a digital food label ready ([like this one](#)) that you can use for students who don't bring their own.
- Video run time is 3 minutes 35 seconds. Students should get at least 15-20 minutes for the activity

Lesson Steps: Video Outline [Video Link](#)

Step 1 Introduction

- Remind students to get their food labels ready!

Step 2 Activity

- Students will work through the label reading activity guide on their own while analyzing a food label from home.

Step 3 Closure

- [Label Reading Activity Guide](#) (also see attached)

Assessments

- The activity is the assessment. No pre or post assessment needed.
- To access the label reading activity guide, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit' to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the activity guide so they can each create their own individual response.

Handout

Label Reading Activity Guide below.



Label Reading Student Activity Guide: Read the label and fill in the blanks below. This will help you identify nutrients to determine if the food is healthy.

1. What food are you looking at?

2. How many grams of protein and fiber? **Do 2 push-ups for every gram of protein**

Protein: _____ g

Fiber: _____ g

3. Fats **Do 10 star jumps for every gram of total fat**

-Total Fat: _____g

-Saturated:_____g 13 grams per day is the recommended limit for saturated fat

-Transfat: _____g

4. List 3 vitamins and minerals found in this food **Do 5 second plank for every vitamin or mineral listed on your food label**

1)

2)

3)

5. 1. Added Sugar- 25 grams per day is the recommended sugar limit

-_____ g **Do 10 quick feet for every gram of added sugar**

6. What is the serving size for this food? _____

-Do you think you would be likely to eat more than 1 serving at a time? _____

7. Is this food: Healthy or Not Healthy

Use 3 facts from above to explain your answer

1)

2)

3)

Do 20 crunches if you thought your food was not healthy, 60 seconds of any flexibility exercise if you thought it was healthy.

Ingredients

Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness.

contains wheat and soy ingredients

Vitamins and Minerals

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Nutrition Facts

13 servings per container
Serving Size 1 cup (41g)

	Cinnamon Toast Crunch	With 1/2 cup skim milk	
Calories	170	220	
		% DV **	% DV **
Total Fat	4g*	5%	5%
Saturated Fat	0g		3%
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	2.5g		
Cholesterol	0mg		1%
Sodium	230mg	10%	12%
Total Carbohydrate	33g	12%	14%
Dietary Fiber	2g	7%	7%
Total Sugars	12g		
Incl. Added Sugars	12g	24%	24%
Protein	2g		
Vitamin D	2mcg	10%	15%
Calcium	130mg	10%	20%
Iron	3.6mg	20%	20%
Potassium	0mg		6%
Vitamin A		10%	15%
Vitamin C		10%	10%
Thiamin		20%	20%
Riboflavin		10%	25%
Niacin		10%	10%
Vitamin B ₆		20%	20%
Folate	(45mcg folic acid)	20%	20%
Vitamin B ₁₂		20%	40%
Phosphorus		6%	15%
Magnesium		6%	8%
Zinc		20%	20%

* Amount in cereal. A serving of cereal plus skim milk provides 4.5g Total Fat (0.5g Saturated Fat), less than 5mg Cholesterol, 280mg Sodium, 39g Total Carbohydrate (19g Total Sugars), 6g Protein, 280mg Calcium, 270mg Potassium.

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS, NUTRITION FACTS, AND ALLERGEN STATEMENTS CAN CHANGE. ALWAYS REFER TO THE ACTUAL PACKAGE FOR THE MOST COMPLETE AND ACCURATE INFORMATION.