Health Smart Virginia - Sample Lesson Plan
Grade 5th

Unit   Label Reading

SOLs:

- 5.5 B- Explain that there are different RDA recommendations for children, teens, and adults.
- 5.5 C- Explain the effect of **portion size** on RDA.
- 5.5 D- Explain the purpose of **vitamins and minerals.**
- 5.5 E- Evaluate components of **food labels** for a variety of foods, to include
    - **macronutrients, RDA,** and **portion size**.

Title: How to Use Label Reading Assessment

Objectives/ Goals:

   [Assess student label reading skills]
- Students will be able to apply nutrition knowledge while analyzing actual food labels

Materials:

   [Equipment and Set Up]
- Assessment papers- attached below

Procedure:

Intro- Discussion should cover:
  - Make sure students understand the format and know what the expectations are.

- Students need to fill out the left side of the page with all the required nutrition facts before answering question 9 at the end.
- When scoring question 9, it is not really about whether or not the student has the "correct answer" for whether the food is healthy or not. The important thing is that the facts the student chooses to use support the conclusion he/she made.

Description-

How to use this assessment:

Cut out food labels and make copies.

This part is completely optional, but I also usually allow students to work with 1 partner for this assessment. The idea there is to make it feel more like a continued learning experience than a test.

Assessments, References & Sources

Assessments:

See below:

Lesson created by Tommy Landseadel and Luke Noble

Name:_____
Food Label Reading Assessment

Read the label and identify nutrients to determine if the food is healthy

1. Macronutrients
   -Protein:___g
   -Carbohydrates:___g
   -Fat:___g

2. Micronutrients: List Vitamins and Minerals you see with the highest RDA percentages:
   -
   -
   -

3. How much Fiber
   -Fiber: ____g

4. Sugar
   -____g
   - Natural or Added? (circle one)

5. Fats
   -Polyunsaturated:___g
   -Monosaturated:____g
   -Saturated:___g
   -Trans___g

6. Sodium
   -Sodium in Food: ___Mg
   -RDA % for sodium: ____%

7. List any Artificial Ingredients you see:
   -
   -
   -

8. What is the serving size for this item?

   How many total servings in this container?

Nutrition Facts

About 7 servings per container

Serving size 1 cup (40g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber <1g	3%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 6.3mg	35%
Potassium 60mg	2%
Thiamin	70%
Riboflavin	2%
Niacin	10%
Vitamin B6	15%
Folate 40mcg DFE (25mcg folic acid)	10%
Pantothenic Acid	15%
Zinc	15%

* 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: Corn Flour, Sugar, Molasses, Whole Grain Oat Flour, Canola Oil, Rice Flour, Salt, Corn Syrup, Milled Corn, Honey, Palm Oil, Paprika Extract, Vegetable Juice and Beta Carotene (for color), Baking Soda, Caramel Color, Artificial Flavor, BHT Added to Preserve Freshness.
Vitamins And Minerals: Ferric Orthophosphate (source of iron),

9. Circle One:
Is this food item
Healthy Or **Unhealthy**

Provide 3 facts from the analysis above to support your answer:

1) _____

2) _____

3) _____

Name:_____
Food Label Reading Assessment

Read the label and identify nutrients
to determine if the food is healthy

1. Macronutrients
   -Protein:___g
   -Carbohydrates:___g
   -Fat:___g

2. Micronutrients: List Vitamins
   and Minerals you see with the
   highest RDA percentages:
   -
   -
   -

3. How much Fiber
   -Fiber: _____g

4. Sugar
   -____g
   - Natural or Added? (circle one)

5. Fats
   -Polyunsaturated:___g
   -Monosaturated:___g
   -Saturated:___g
   -Trans___g

6. Sodium
   -Sodium in Food: ___Mg
   -RDA % for sodium: _____%

7. List any Artificial Ingredients
   you see:
   -
   -
   -

8. What is the serving size for this
   item?

   How many total servings in this
   container?

Nutrition Facts

Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Fat 16g		21%	Total Carbohydrate 8g		3%
Saturated Fat 2.5g		14%	Dietary Fiber 2g		8%
Trans Fat 0g			Total Sugars 3g		
Cholesterol 0mg		0%	Incl 2g Added Sugars		4%
Sodium 140mg		6%	Protein 7g		7%

About 34 servings per container
Serving size 2 Tbsp (33g)
Calories per serving 190

Vitamin D 0mcg 0% • Calcium 16mg 2% • Iron 1mg 4%
Potassium 192mg 4% • Vitamin E 2mg 15% • Niacin 5mg 30%
*The % Daily Value 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: MADE FROM ROASTED PEANUTS AND SUGAR. CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

(S)/® THE J.M. SMUCKER COMPANY, ORRVILLE, OH 44667 USA

*CERTIFIED NSF NON-GMO TRUE NORTH™ BY NSF INTERNATIONAL

QUESTIONS? COMMENTS? 1-800-283-8915 visit us at jif.com

LOOK FOR THE FLAVOR SEAL CONTAINS NO ARTIFICIAL PRESERVATIVES NO REFRIGERATION REQUIRED

9. Circle One:
Is this food item
Healthy Or **Unhealthy**

Provide 3 facts from the analysis
above to support your answer:

   1) _____

   2) _____

   3) _____

Read the label and identify nutrients to determine if the food is healthy

1. Macronutrients
   -Protein:___g
   -Carbohydrates:___g
   -Fat:___g

2. Micronutrients: List Vitamins and Minerals you see with the highest RDA percentages:
   -
   -
   -

3. How much Fiber
   -Fiber: ____g

4. Sugar
   -___g
   - Natural or Added? (circle one)

5. Fats
   -Polyunsaturated:___g
   -Monosaturated:___g
   -Saturated:___g
   -Trans___g

6. Sodium
   -Sodium in Food: ___Mg
   -RDA % for sodium: ____%

7. List any Artificial Ingredients you see:
   -
   -
   -

8. What is the serving size for this item?

   How many total servings in this container?

Nutrition Facts		
about 8 servings per container		
Serving size 16 pieces (31g)		
Amount per serving		
Calories		**140**
		% Daily Value*
Total Fat 5g		6%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 200mg		9%
Total Carbohydrate 22g		8%
Dietary Fiber 3g		11%
Total Sugars 5g		
Includes 4g Added Sugars		8%
Protein 2g		
Vitamin D 0mcg		0%
Calcium 30mg		2%
Iron 0.9mg		4%
Potassium 90mg		0%

* 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: WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP FROM CORN AND BARLEY, SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).
BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.
CONTAINS: WHEAT.
MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA

9. Circle One:
Is this food item
Healthy Or **Unhealthy**

Provide 3 facts from the analysis above to support your answer:

1) _____

2) _____

3) _____