

Name \_\_\_\_\_

## The Human Body - Digestive System

### Lesson 4: Keeping Our Digestive System Healthy - Nutrition Rater

Choose a packaged food item with a food label. Look at ingredients and nutritional facts.

- Identify proteins, fats, vitamins, minerals and other nutrients in a food item
- Identify foods that have low or no nutritional value in a food item
- Rate whether a food item is mostly healthy or mostly not healthy, and explain why

Write down some information for each of the following.

Name of the food item \_\_\_\_\_

**Protein** - like eggs, nuts and seeds, fish-shell-fish, lean meats, dairy products, soy, tofu.

What is the **protein** information in this food item?

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**Fat** - unsaturated (healthy), saturated & trans fats (mostly not healthy).

What is the **fat** information in this food item?

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**Carbohydrates** - vegetables, fruits, grains.

What is the carbohydrate information on this food item?

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What **vitamin** and **mineral** information is on this food item?

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What are foods with **low or zero nutritional value** on this food item?

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**Rate this food item**

👍 mostly **healthy** (nutritious)

👎 mostly **not healthy** (not nutritious)

Would you eat this food based on nutritional value? Explain why or why not.

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*If you need more space, write on the other side.*

Name \_\_\_\_\_

## The Human Body - Digestive System

### Lesson 4: Keeping Our Digestive System Healthy - Nutrition Rater

#### Example answer

Choose a packaged food item with a food label. Look at ingredients and nutritional facts. Write down some information for each of the following.

**Ingredients:** Water, Mushrooms, Vegetable oil (corn, canola and/or soybean), Cream, Modified corn starch, Wheat flour, Salt, Modified milk ingredients, Soy protein concentrate, Monosodium glutamate, Tomato paste, Flavour, Yeast extract, Dehydrated garlic.

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup condensed (125 mL) pour 1/2 tasse condensée (125 mL)	
<b>Calories 120</b>	<b>% Daily Value*</b>
Fat / Lipides 9 g	12 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	4 %
Fibre / Fibres 1 g	1 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
Cholesterol / Cholestérol 5 mg	
Sodium 850 mg	37 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.3 mg	2 %

\*5% or less is a little, 15% or more is a lot / \*5% ou moins est un peu, 15% ou plus est beaucoup

Name of the food item: **Cream of mushroom soup**

**Protein** - like eggs, nuts and seeds, fish-shell-fish, lean meats, dairy products, soy, tofu. What is the **protein** information in this food item?

**Cream, soy protein concentrate** (from ingredients list) **2g** (from nutrition facts)

**Fat** - unsaturated (healthy), saturated & trans fats (mostly not healthy).

What is the **fat** information in this food item?

**Vegetable oil - corn, canola and/or soy bean** (from ingredients list)

**Fat 9g 12% Saturated 1.5g 8% Cholesterol 5g** (from nutrition facts)

**Carbohydrates** - vegetables, fruits, grains. What is the carbohydrate information on this food item?

**Mushrooms, Modified Corn Starch, Wheat flour** (from ingredients list)

**Fibres 1g Sugars 1g** (from nutrition facts)

What **vitamin** and **mineral** information is on this food item?

**Sodium 850 mg** (that is about a third of what we need in a day, 2300 mg)

**Potassium 75 mg**

**Calcium 20 mg**

**iron 0.3 mg**

What are foods with **low or zero nutritional value** on this food item?

**Monosodium glutamate, Flavour**

**Rate this food item**

👍 mostly **healthy** (nutritious)

👎 mostly **not healthy** (not nutritious)

Would you eat this food based on nutritional value? Explain why or why not.

**Yes, I would eat this food because it has proteins, mostly unsaturated fats, and carbohydrates from vegetables (mushrooms). There is a lot of sodium. I could make it less by adding more milk or water.**