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?

_____

_ _____

Fat - unsaturated (healthy), saturated & trans fats (mostly not healthy).
What is the **fat** information in this food item?

_____

_____

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

_____

_____

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

_____

_____

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

_____

_____

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.

_____

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

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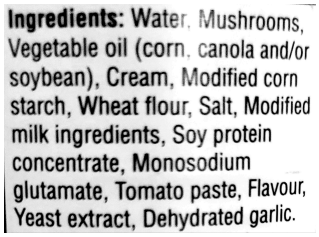
Name _____

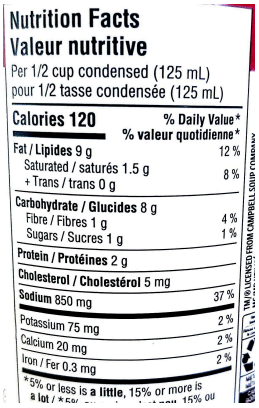
The Human Body - Digestive System

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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)

Calories 120	% Daily Value* / % valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 8 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
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 c'est peu, 15% ou

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.

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