

Nutrition Labels!

Students will be able to understand how to observe and make meaning of information on Nutrition Labels

Connection

Watch "Top 5 Teen Food Mistakes" and answer the questions below

[Top 5 Teen Food Mistakes](#)

How do you know that the food you are eating is healthy?

How do you know how much food is the right amount?

-Explain below in at least 4 sentences

Teach/Learn	List 3 Key Ideas from each video/article
<u>Making Smart Choices</u>	• • •
<u>Nutrition Labels</u>	• • •
<u>Food label Article</u>	• • •
<u>What are Calories?</u>	• • •
<u>Fat... Good or Bad?</u>	• • •
<u>Pyramid or Plate?</u>	• • •

Discussion Question

(Quietly discuss these with a partner after you have both completed the activity above, we will talk about these as a class later)

1. Where do you see Nutrition Facts food labels? How often do you read them? What information do you look for?
2. Unless you grow all of your own food, you probably eat food that's been processed. What does "processed" mean? Why do you think fresh foods are more nutritious than processed foods?
3. Does it make a difference what people order in restaurants when nutrition information is on the menu? Does it make a difference to you?
4. While food labels are helpful to everyone, why are they necessary for people with food allergies or certain health problems, like diabetes or heart disease?

Engagement Activity

You are Fresh-Food Frankie, and your cousin Fast-Food Freddy just visited, and boy, does he live up to his nickname. Breakfast burritos, hash browns, double cheeseburgers, fried chicken, onion rings, tacos, French fries, soft drinks, shakes ... you name it. He says he gets all the fruit he needs from apple pies and that fries are technically a vegetable! Fortunately, you know better. Write a 3 paragraph letter to Freddie explaining why eating so much fast food is not healthy.

Step 1- Research your favorite fast food value meal and look at the nutrition label

Step 2-Identify the ingredients that aren't healthy

Step 3-Identify the portion size of that meal

Step 4- Start writing your letter in the space below and include:

- How Freddy's eating habits might hurt his health
- Explain how fast food portion sizes are different than a healthy meal
- 3 suggestions of different meals to help Freddy choose healthier options

Write your letter to Freddy Below

Practice



Nutrition adventure moves to Quizizz

(we will practice as a class)

Note to teacher: You will need to search for a Quizizz that matches what you'd like the kids to know. Here's one that might work:

<https://quizizz.com/admin/quiz/58d40db85c01086e5854a086>

If you are all finished,
Extend Your Thinking Below

More! :)