

EXERCISE 1

DIRECTIONS: Circle the word or phrase the teacher says.

- | | | | |
|-----|-------------|-----------------|---------------------|
| 1. | calcium | cholesterol | calories |
| 2. | cup | count | consumer |
| 3. | diet | directions | dietary fiber |
| 4. | extra lean | expiration date | eggs |
| 5. | fraction | flesh | free |
| 6. | graded | grams | grade shield |
| 7. | ingredients | inspected | inspection mark |
| 8. | lean | low | light |
| 9. | percentage | pickle | percent daily value |
| 10. | preparing | produce | potatoes |
| 11. | stored | sodium | serving |
| 12. | tablespoon | volume | teaspoon |
| 13. | milligrams | packaged | restaurant |
| 14. | salt | grocery | healthful |

TEACHER DIRECTIONS for EXERCISE 1:

Say the following aloud. Say, "Circle only the word you hear. I will repeat the word two times." Choose and say a word from each row. This exercise may be repeated using different words each time.

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.

EXERCISE 2

DIRECTIONS: Listen to the sentences as the teacher dictates them. Unscramble the words to make each sentence correct. Don't forget to begin a sentence with a capital letter and end the sentence with a period. Allow ample time to rewrite.

1. the all packaged foods labels FDA requires to have

2. accurate information about food food labels give buyers

3. consumers use and food labels help store food safely

4. packaged ingredients be listed on foods must

5. serving sizes labels show

6. of a food about the nutrition labels show

7. must be defined in terms on way food labels the same

8. the nutrition a food's health value facts panel shows by serving size

9. of are shown on a nutrition calories and servings facts panel number the

10. information consumers make healthful food on food labels helps choices

EXERCISE 3

DIRECTIONS: Listen to the sentences. The teacher will say each sentence three times. When the teacher says the sentence the first time, do not write, just listen. When the teacher says it the second time, try to write as much of it as you can. By the time the teacher says it a third time, you should have written the complete sentence.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TEACHER DIRECTIONS for EXERCISES 2 and 3:

The following sentences should be read aloud by the teacher for exercises 2 and 3. Lower level learners can use the unscrambled form. More advanced students can take dictation. Read each sentence 3 times.

KEY

1. The FDA requires all packaged foods to have labels.
2. Food labels give buyers accurate information about food.
3. Food labels help consumers use and store food safely.
4. Ingredients must be listed on packaged foods.
5. Labels show serving sizes.
6. Labels show about the nutrition of a food.
7. Terms on food labels must be defined in the same way.
8. The nutrition facts panel shows a food's health value by serving size.
9. The number of calories and servings are shown on a nutrition facts panel.
10. Information on food labels helps consumers make healthful food choices.

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