

READING FOOD LABELS

allergies	Anna, Anna's	Bill, Bill's	bread
calcium	calorie(s)	carbohydrates	cholesterol
consumer(s)	cookies	cooking	Cooperative Extension Service Office
count	daily requirements	desserts	diet(s)
dietary fiber	directions	eggs	enriched
expiration date	extra-lean	fat(s)	flour
food(s), food's	Food and Drug Administration (FDA)	fraction	free
fresh(ness)	fruit(s)	good source	grade shield
graded	grams	grocery store	health(ful)
high	hot dog	household	ingredient(s)
inspected	inspection mark	iron	Kay
label(s)	lean	light	lot number
low	meals	meat(s)	metric
milk	milligrams	minerals	more
Ms. Lara	MyPyramid	nutrient(s), nutrition, nutritional	nutrition facts, nutrition facts panel
one cup	one-half cup	ounces	package, packaged, packager
pasta	percent(ages)	percent daily value (%DV)	pickle
pizza	potatoes	preparing	producer(s)
protein	reduced	restaurants	serving(s)
snacks	sodium.	store(d)	sugar(s)
tablespoon	teaspoon	Tim	vegetable(s)
vitamins	vitamin A	vitamin, C	volume
weight			

TEACHER DIRECTIONS for TERMS WORD BANK

The terms word bank lists the words that are found in the glossary. The teacher can use the word bank as an informal assessment of a student's ability to read or understand the vocabulary of the unit. The word bank is used for some of the exercises. It can also be used for review and reinforcement of vocabulary.

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.