

EXERCISE 1

DIRECTIONS: Read or review the scenario. Answer the questions. Circle the word or phrase that goes in the blank.

1. Packaged foods must have _____.

labels a grade shield an inspection mark

2. Food labels must _____ words in the same way so that consumers can compare foods easily and fairly.

store define package

3. Nutrition facts are based on a _____ per day diet.

2500-calorie 2000-calorie 3000-calorie

4. A serving size on a food's nutrition facts panel is not always the same as a serving size on the _____.

percent of daily requirements percent daily value MyPyramid

5. A label must show the total number of calories and calories from _____.

nutrients fat vitamins

6. The _____ of most Americans are often lacking in vitamins and minerals.

diets consumers producers

7. A label must show the amount of total _____ broken down by dietary fibers and sugars.

fats nutrients carbohydrates

8. _____ sizes on labels must be in both metric and household units.

Nutritional Serving %DV

TEACHER DIRECTIONS for EXERCISE 1:

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Read the sentence in the activity. Ask learners to look for the sentence within the section that tells the answer. Either read or ask someone to read that sentence. Reread the target sentence in the activity and the options. Ask a reader to choose the correct response. Reread the target sentence in the activity with the correct option.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently.

After each sentence or after the activity is complete, ask learners to explain or give examples. For instance, after the first sentence "Packaged foods must have labels" the teacher could ask questions such as "Why do packaged foods have labels?" "Which labels have you seen?" "Bring a food label to class."

More advanced learners can explain the other words or use them in verbal or written sentences.

KEY

1. labels
2. define
3. 2000-calorie
4. MyPyramid
5. fat
6. diets
7. carbohydrates
8. serving

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: Think about what you learned about food labels. Answer the following questions. When possible, use complete sentences.

1. Why do you think Kay wants to know how to read food labels? _____

2. Where do Anna and Kay go to get information? _____

3. Which foods have labels? Why? _____

4. Find 3 words or phrases in the scenario that you think are most important to understanding food labels.

List the words or phrases:

(1) _____

(2) _____

(3) _____

Write a sentence with each word or phrase.

(1) _____

(2) _____

(3) _____

5. Other than labels on foods, name two other places where you could find nutritional information.

6. How is the order of ingredients on a food label determined? _____

7. Name three kinds of information found on a nutrition facts panel.

(1) _____

(2) _____

(3) _____

8. Why is the information on a nutrition facts panel for young children's foods different than the information on a nutrition facts panels for adults?

USE THE FOLLOWING FOOD LABELS TO ANSWER THE REST OF THE QUESTIONS:

PEANUT BUTTER

Nutrition Facts

Serving Size 2 tbsp (32g)

Servings Per Container 16

Amount Per Serving

Calories 190 Calories from Fat 140

% Daily Value*

Total fat 16g **25%**

Saturated fat 3g **15%**

Trans

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 8g

Vitamin A 25%

Vitamin C 2%

Calcium less than 2%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

TUNA FISH PACKED IN WATER

Nutrition Facts

Serving Size _ cup (56g)

Servings Per Container 2.5



Amount Per Serving

Calories 60 Calories from Fat 5



% Daily Value*

Total fat 0.5 **1%**

Saturated fat 0g **0%**

Cholesterol 30mg **10%**

Sodium 250mg **10%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 13g **23%**



Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

CANNED SWEET POTATOES IN SYRUP

Nutrition Facts

Serving Size 2/3 cup (166g)

Servings Per Container 3

Amount Per Serving

Calories 150 Calories from Fat 0

% Daily Value*

Total fat 0.5g **1%**

Saturated fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 36g **12%**

Dietary Fiber 3g **12%**

Sugars 23g

Protein less than 1g

Vitamin A 230%
(100% as Beta Carotene)

Vitamin C 30%

Calcium 2%

Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 9

CANNED TOMATO SOUP

Nutrition Facts

Serving Size _ cup 120 mL)

Servings Per Container 2.5



Amount Per Serving

Calories 80 Calories from Fat 0



% Daily Value*

Total fat 0g **0%**

Saturated fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 760mg **32%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 11g

Protein 2g



Vitamin A 10%

Vitamin C 10%

Calcium 2%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

9. Complete the following table: List the foods in order from most to least calories. Show how many calories each food has per serving

| FOOD | CALORIES |
|------|----------|
| | |
| | |
| | |
| | |

10. Complete the following table: List the foods in order from most to least fat from calories. Show how many calories from fat each food has per serving

| FOOD | CALORIES FROM FAT |
|------|-------------------|
| | |
| | |
| | |
| | |

11. Anna wants to increase her family's intake of vitamins. Which food should she choose? Why? _____

12. Which food has the most sugar? _____

13. Which food has the most sodium? _____

14. Which food is highest in protein? _____

15. Anna wants to limit the amount of cholesterol her family gets. Which food or foods have no cholesterol? _____

16. Which food has the most servings per container? _____

17. Which food is the best source of iron? _____

18. Which food has the highest percentage of saturated fat? _____

19. Which food has the highest percentage of total carbohydrates? _____

TEACHER DIRECTIONS for EXERCISE 2

For lower-level learners, complete the activity by first reading the relevant section of the scenario or exercise aloud or asking a good reader to read aloud. Lower-level learners may respond verbally.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently with written responses. Encourage learners to discuss responses verbally as a class or in small groups.

Ask each learner to bring a food label or the teacher can bring an assortment of food labels. Let learners to identify and compare nutrition facts on the labels.

KEY

Some answers may vary but should include basic information.

1. *Answers vary but could include the following:* Kay is interested in nutrition. Kay wants to eat more healthy foods.
2. Anna and Kay go to the Cooperative Extension Service Office.
3. Packaged foods have labels so consumers can identify ingredients, nutrition, serving, and storage information.
4. *Answers vary.*
5. You can find nutritional information at a grocery store or in a restaurant.
6. The order of ingredients is in decreasing order of amount.
7. *Answers vary.*
8. Children need more fat for growth and development.
- 9.

| FOOD | CALORIES |
|----------------|----------|
| Peanut Butter | 190 |
| Sweet Potatoes | 150 |
| Tomato Soup | 80 |
| Tuna Fish | 60 |

10.

| FOOD | CALORIES FROM FAT |
|---|-------------------|
| Peanut Butter | 140 |
| Tuna Fish | 5 |
| Tomato Soup/Sweet Potatoes (either order) | 0 |

11. Anna should give her family more sweet potatoes because they have 230% Vitamin A and 30% Vitamin C. (NOTE TO TEACHER: Tell students that eating sweet potatoes every day can provide too much vitamin A over time. Remind learners that eating a variety of foods is important.)
12. Sweet potatoes have the most sugar.
13. Tomato soup has the most sodium.
14. Tuna fish has the most protein.
15. Sweet potatoes, tomato soup, and peanut butter do not have cholesterol.
16. Peanut butter has the most servings per container (16)
17. Canned sweet potatoes is the best source of iron. (8%)
18. Peanut butter has the highest percentage of saturated fat. (15%)
19. Sweet potatoes have the highest percentage of total carbohydrates. (12%)

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