

**EXERCISE 1****MATCHING**

*DIRECTIONS: Write the word next to the definition. Choose the word from the box below.*

- \_\_\_\_\_ 1. mineral obtained mostly from milk products; builds strong bones and teeth
- \_\_\_\_\_ 2. units of energy for the body
- \_\_\_\_\_ 3. contains added vitamins and minerals
- \_\_\_\_\_ 4. identifies contents of a can, jar, bottle, or package
- \_\_\_\_\_ 5. last usable date for a food
- \_\_\_\_\_ 6. number of items in a package or container
- \_\_\_\_\_ 7. instructions for preparing foods
- \_\_\_\_\_ 8. government agency that oversees food safety
- \_\_\_\_\_ 9. people that buy and use products or services
- \_\_\_\_\_ 10. part of a whole (e.g., one-half, one-fourth, one-third)
- \_\_\_\_\_ 11. identification of quality or size
- \_\_\_\_\_ 12. metric units of mass or weight
- \_\_\_\_\_ 13. describes foods with 20% or more of the Daily Value for a nutrient per serving. Words that mean the same as HIGH are RICH IN and EXCELLENT SOURCE.
- \_\_\_\_\_ 14. common units used around the home (e.g., cup, tablespoon, teaspoon)
- \_\_\_\_\_ 15. a symbol that shows that a product has been officially examined

calcium	household	directions
Food and Drug Administration	expiration date	inspection mark
calories	fraction	high
label	enriched	consumers
graded	count	grams

**TEACHER DIRECTIONS for EXERCISE 1**

Teacher reads definitions and words in the word box aloud. Teacher instructs learners to match the words with their definitions. If learners have difficulty reading and understanding the definitions, the teacher provides assistance and support.

Ask students to use words in sentences of their own. Lower-level students can provide a verbal sentence and the teacher can write it on paper or on the board for other students to copy. More advanced students can write sentences independently.

**KEY**

1. calcium
2. calories
3. enriched
4. label
5. expiration date
6. count
7. directions
8. Food and Drug Administration
9. consumers
10. fraction
11. graded
12. grams
13. high
14. household
15. inspection mark

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**

**SENTENCE CORRECTION**

*DIRECTIONS: Each of the following sentences is incorrect. Rewrite the sentence to make it correct.*

1. Ingredients on a food label are in alphabetical order.

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2. Fat-free milk is extra lean milk.

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3. A lot number shows when a food is no longer usable.

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4. A label never includes a food packager's name and address.

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5. The "best if used by" date is the same as an expiration date.

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6. A person with food allergies should check the lot number.

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7. The nutrition facts panel must be on the front of a box or container.

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8. Nutrition facts include the packager's name and address.

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9. Cup, tablespoon, and teaspoon are examples of metric units.

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10. If the %DV for a nutrient is 5% or less, a food is a high source for that nutrient.

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11. The diets of most Americans are often lacking in fat and sodium.

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12. Vitamin A is a mineral.

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**TEACHER DIRECTIONS for EXERCISE 2**

More able learners can complete this activity independently. If students require assistance, read each sentence aloud or ask a volunteer to read each sentence. Brainstorm different ways that the sentences could be corrected. For example, the first sentence could be corrected in one of the following ways: *Ingredients on a food label are NOT in alphabetical order. Ingredients on a food label are in ORDER OF DECREASING AMOUNT.*

Additional Activity: Students can put original or corrected sentences into alphabetical order. Students can create their one "incorrect" sentences and exchange with others for revision.

**KEY**

Answers may vary but should reflect a correct statement. The following answers are sample responses.

1. Ingredients on a food label are in ORDER OF DECREASING AMOUNT.
2. Fat-free milk is SKIM milk. **OR** Fat-free milk CONTAINS NO FAT.
3. A lot number shows when a food is PACKAGED. **OR** AN EXPIRATION DATE shows when food is no longer useable.
4. A label ALWAYS includes a food packager's name and address.
5. The "best if used by" date is the DATE OF BEST FRESHNESS FOR A FOOD.
6. A person with food allergies should check the INGREDIENTS.
7. The nutrition facts panel must be on the BACK OR SIDE of a box or container.
8. Nutrition facts include SERVING INFORMATION, CALORIE INFORMATION, AND NUTRIENT INFORMATION.
9. Cup, tablespoon, and teaspoon are examples of HOUSEHOLD units.
10. If the %DV for a nutrient is 5% or less, a food is a LOW source for that nutrient. **OR** If the % DV for a nutrient is 20% or GREATER, a food is a high source for that nutrient.
11. The diets of most Americans OFTEN HAVE TOO MUCH fat and sodium.
12. CALCIUM is a mineral **OR** Vitamin A is a VITAMIN.

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**EXERCISE 3****WRITING FRAME  
READING FOOD LABELS**

*DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.*

Packaged foods--like \_\_\_\_\_ or \_\_\_\_\_ have labels. Some foods--like \_\_\_\_\_ or \_\_\_\_\_ do not have labels. Labels give buyers accurate information about foods. Labels also help consumers keep \_\_\_\_\_ safe. The U.S. \_\_\_\_\_ requires food labels.

Labels give information about the contents of a package. Labels list \_\_\_\_\_ in decreasing order of amount. This means that the ingredient that is listed first is the \_\_\_\_\_ part of the food. The labels tells if the food is packaged by weight, \_\_\_\_\_, or \_\_\_\_\_. The label also shows if a food is \_\_\_\_\_, sliced, or in other pieces.

Labels show \_\_\_\_\_ in a special panel on the back or side of a package. This label tells the health value of a food by \_\_\_\_\_ size. These facts based on a \_\_\_\_\_-calorie per day diet and are shown as \_\_\_\_\_ of daily requirements. Nutrition information for adults differs from that for children under the age of \_\_\_\_\_ years. These nutrition facts for young children do not show \_\_\_\_\_ content or calories from fat.

Serving information is also shown on a food's label. However, the serving size on the label is not always the same size as the serving sizes on the \_\_\_\_\_. Serving sizes are shown in \_\_\_\_\_ and \_\_\_\_\_ units.

Food use and safety information appears on a food label. The label must describe how to \_\_\_\_\_ the food. For example, the label may show that the food must be refrigerated after opening. Special dates on a label show when a food was packaged or different points of \_\_\_\_\_.

A \_\_\_\_\_ is a special number that also can be used to tell when a food was packaged. Foods like \_\_\_\_\_ and fresh meats are graded and inspected. Labels on these foods should have a \_\_\_\_\_ or \_\_\_\_\_.

Finally, a label should show the \_\_\_\_\_ and \_\_\_\_\_ of the packager in case a consumer has a problem or question about the food.

Labels must define words in the same way. This helps \_\_\_\_\_ compare foods easily and fairly. Three common food label terms are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

**TEACHER DIRECTIONS**

After reading the scenario, learners complete the writing frames by filling in blanks.

**KEY**

*(Answers appear bold and underlined.)*

Packaged foods--like **answers vary** or **answers vary** have labels. Some foods--like **fruits** or **vegetables** do not have labels. Labels give buyers accurate information about foods. Labels also help consumers keep **food** safe. The U.S. **Food and Drug Administration** requires food labels.

Labels give information about the contents of a package. Labels list **ingredients** in decreasing order of amount. This means that the ingredient that is listed first is the **largest** part of the food. The labels tells if the food is packaged by weight, **volume**, or **count**. The label also shows if a food is **whole**, sliced, or in other pieces.

Labels show **nutrition facts** in a special panel on the back or side of a package. This tells the health value of a food by **servings** size. These facts based on a **2000**-calorie per day diet and are shown as **percent** of daily requirements. Nutrition information for adults differs from that for children under the age of **two** years. These nutrition facts do not show **fat** content or calories from fat.

Serving information is also shown on a food's label. However, the serving size on the label is not always the same size as the serving sizes on the **MyPyramid**. Serving sizes are shown in **metric** and **household** units.

Food use and safety information appears on a food label. The label must tell how to **store** the food. For example, the label may show that the food must be refrigerated after opening. Special dates on a label show when a food was packaged or different points of **freshness**. A **lot number** is a special number that also can be used to tell

when a food was packaged. Foods like **eggs** and fresh meats are graded and inspected. Labels on these foods should have a **grade shield** or **inspection mark**. Finally, a label should show the **name** and **address** of the packager in case a consumer has a problem or question about the food.

Labels must define words in the same way. This helps **consumers** compare foods easily and fairly. Three common food terms are **answers vary**, **answers vary**, and **answers vary**.

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