

# health trek



LESSON 2

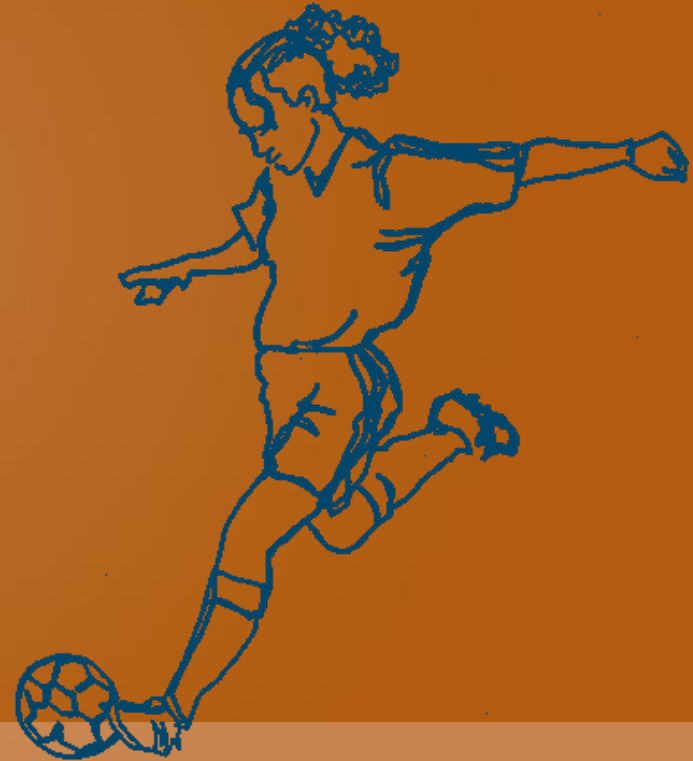
# figuring out food labels



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# Today's Objectives

- Be able to calculate serving sizes
- Learn how to read food labels
- Learn how to make healthy food choices



# Activity 1: So, What is a Serving Size Anyway?

Each group needs:

- One box of cereal
- One bowl per person
- One set of measuring cups
- One Cereal Serving Size worksheet per person

# How Much do You Eat?

- Into the bowl in front of you, pour out how much cereal you eat for breakfast.
- Now measure how much cereal is in your bowl and complete the Cereal Serving Size worksheet.



# Now Let's Compare Cereals

- Have a volunteer from each group come up with the cereal box.
- Please organize yourselves in order from least to greatest for the following categories:

Serving Size

Total Carbohydrate grams per serving

Calories per serving

Sugar grams per serving

Total Fat grams per serving

Total protein grams per serving

# Activity 2: Food Labels- What do They Mean?

- Why do we have food labels?
- What is their purpose?

# How to Use a Food Label

## Sample label for Macaroni & Cheese

1. Start Here
2. Calories
3. Limit these Nutrients
4. Get Enough of these Nutrients
6. Footnote

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

5. Quick Guide to %DV
  - 5% or less is Low
  - 20% or more is High

# Activity 2: Food Labels

- When your table is chosen pick up one snack food label of your choice. DO NOT LOOK AT THE LABEL!
- You will analyze snack labels and as a group report back to the class which snack choice is the smartest at your table.

# Apply Knowledge of Reading Labels to Common Snack Foods

First complete the Group Hypothesis sheet for the snack foods on your table. Rank order the foods least to greatest in the following categories without looking at the label.

- Calories
- Fat
- Sodium
- Sugar
- Fiber
- Calcium

# Now for Your Snack

- Fill out the *How Healthy is Your Snack Choice?* Sheet
- Once the entire group is finished filling out their personal sheets, share information to complete the “Reality” column on the Hypothesis sheet.

# Conclusion

Each group needs to pick one spokesman to share with the class what the healthiest snack food is at their table and how the group arrived at that decision.