

Health

3. NPA.1.2

Check the Food Facts Label to determine foods that are low in sugar and high in calcium.

Sources:

- MyPlate
- US Food and Drug Administration

Materials:

- Winter Feast handout from: <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/WordBlanks2.pdf>
- FDA Making Healthy Choices Using the Nutrition Facts Label Video link (3:00): <https://www.youtube.com/watch?v=OWMSJqnYFMY&feature=youtu.be>
- Appendix A, Making Healthy Choices Using the Nutrition Facts Label Master
- Appendix B, Making Healthy Choices Using the Nutrition Facts Label notes
- Read the Label, Cool Tips for Kids. Handout from FDA: <https://www.fda.gov/media/89325/download>
- Game Link to Whyville Snack Shack (created for the FDA): <http://www.whyville.net/smmk/top/gates/flax>
- Make Smart Choices Nutrition Label word search English version: <https://www.fda.gov/media/89343/download>
- Spanish version: <https://www.fda.gov/media/89348/download>

Focus:

Print the Winter Feast handout from MyPlate (link under materials). Like Mad Libs, have students fill in the word list, then use those words to create their stories. Have students get into pairs and share their stories. Ask the following:

- What are some of your favorite fruits?
- What are some of your favorite vegetables?
- Why are these always healthy options?

Answer: they don't have anything added; they have lots of nutrients; they make up half of MyPlate

Statement of Objectives:

Today we're going to examine food labels, particularly sugar and calcium. We will select foods that are low in added sugar and high in calcium so we eat the healthiest foods.

Teacher Input:

Tell students you have a handout, Making Healthy Choices Using the Nutrition Facts Label notes (Appendix B) for them to complete as they view a video on the Nutrition Fact Label. Students should answer the questions as the video plays.

Using the master (Appendix A), have students volunteer to read responses aloud. Correct any wrong answers.

We are going to focus on calcium and sugar in this lesson. Children ages 4 - 8 should get about 1600 calories per day and about 1000 milligrams of calcium each day. That's about 3 ½ cups of milk, five ounces of cheese, or four cups of cooked spinach. Most of you need less sugar, with a recommendation of “no added sugar” on the product.

Assessment:

Have students use their tablets to go to Whyville Snack Shack, <http://www.whyville.net/smmk/top/gates/flax> . After they create their avatars they will need to enter the Snack Shack and then click on the Nutrition Facts Label. This provides a review of the label and students can scroll down to the link to play Label Lingo. There are 12 questions for students to respond to in order to complete the game.

There is also a link to a Nutrition Facts label word search if technology is an issue.

Ask students the following questions:

- What is the Nutrition Facts label?
- Why should we use it?
- Can we compare foods and see which is highest in calcium per serving?
- Can we compare foods and see which is lowest in sugars or added sugars?
- When can we use the Nutrition label?

Closure:

Today we learned about some of the uses of nutrition labels and how to choose foods that are high in calcium and low in sugar or added sugars. Now you can choose foods and snacks that are healthiest for you.

Appendix A

Nutrition Facts Label Master

1. What is the Nutrition Facts Label designed for?

Compare foods and make health choices

2. List the Four key sections:

- Servings
- Calories
- Percent daily value
- Nutrients

3. What does **Servings** per container show?

Total number of servings in the container

4. What is serving size based on?

Serving size is based on the amount of food that is usually eaten at one time

About **Calories**:

5. 2000 is used as a general guide for nutrition advice

6. Calorie needs might be higher or lower based on:

- Age
- sex
- height
- weight
- amount of physical activity each day

Calories tip:

7. 100 calories per serving for an individual food is considered a moderate amount

8. 400 calories or more is considered high in calories

Percent daily value (DV) and nutrients:

9. Can help figure out if a food is high or low in a nutrient

10. For example, 5% DV or less of a nutrient per serving is low

11. 20% DV or more of a nutrient per serving is high

Use % DV to choose and compare foods

12. Aim to get less than 100 % DV of saturated fat, sodium, and added sugars each day.

13. These are nutrients to get less of in your diet overall.

Appendix B

Nutrition Facts Label Notes

Video from the Food and Drug Administration

1. What is the Nutrition Facts Label designed for?

2. List the Four key sections:

-
-
-
-

3. What does **Servings** per containers show?

4. What is serving size based on?

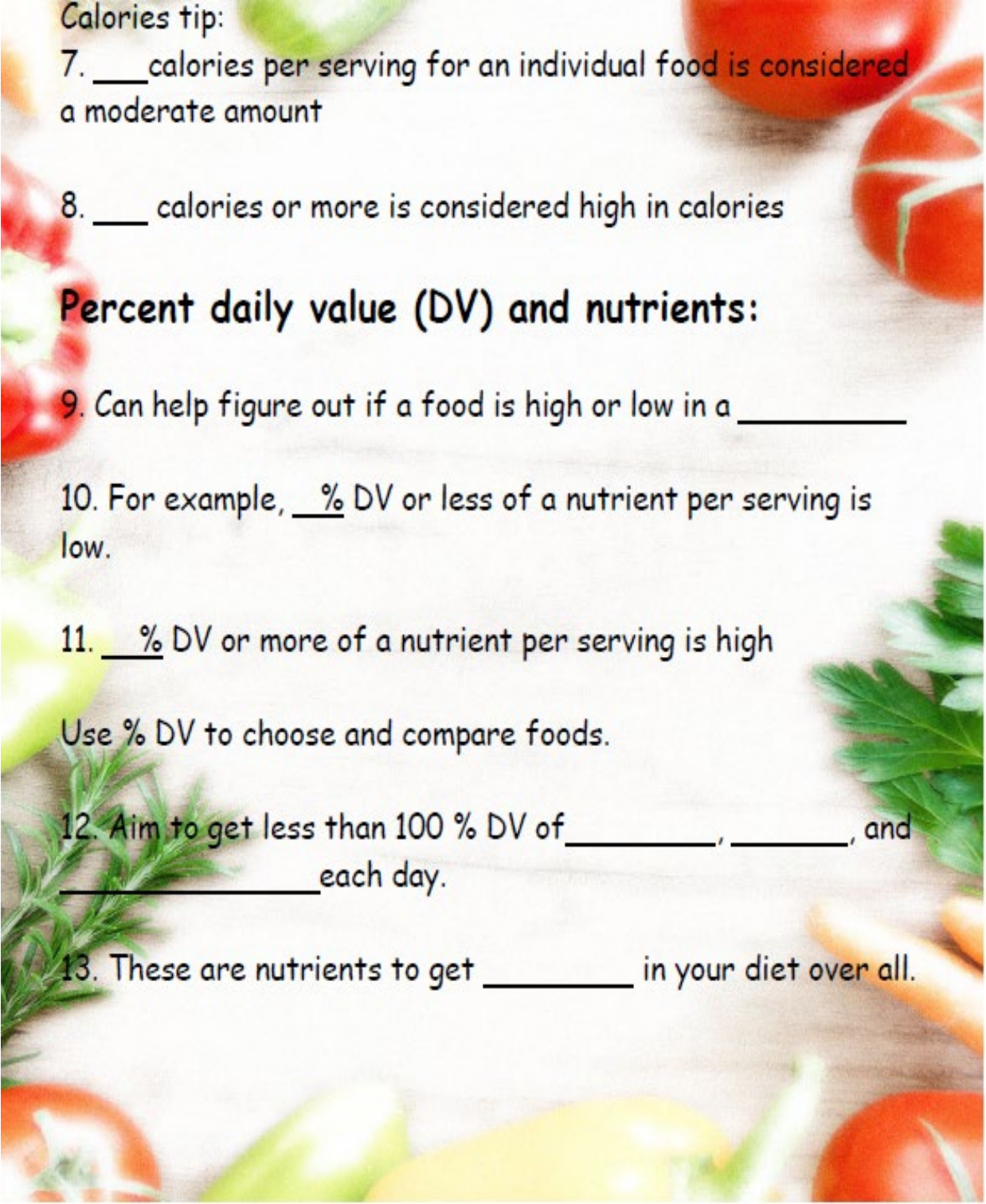
Serving size is based on the _____

About **Calories**:

5. _____ is used as a general guide for nutrition advice

6. Calorie needs might be higher or lower based on:

-
-
-
-



Calories tip:

7. ___ calories per serving for an individual food is considered a moderate amount

8. ___ calories or more is considered high in calories

Percent daily value (DV) and nutrients:

9. Can help figure out if a food is high or low in a _____

10. For example, ___% DV or less of a nutrient per serving is low.

11. ___% DV or more of a nutrient per serving is high

Use % DV to choose and compare foods.

12. Aim to get less than 100 % DV of _____, _____, and _____ each day.

13. These are nutrients to get _____ in your diet over all.

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