

# What's In A Label?

## 1. Question & Research Task

Part of a healthy lifestyle is making healthy choices about the foods that you eat. Some important nutrition facts to consider are:

- Which nutrients are most important for your body?
- How much fat should you consume in a day?
- What is the recommended **servicing size** for your favorite food?

Knowing how to read a **food label** can help you make the best food choices.



"Food Photography Commercial Food Bar in Columbus Ohio S&G Cafe" by teddybiggy is marked with [CC PDM 1.0](https://creativecommons.org/licenses/by/1.0/)

Some foods are healthy for you, while other foods may not have the nutrients your body needs.

In this Slam Dunk, you will conduct brief, focused research to respond to the inquiry question:

How can you evaluate nutritional information in order to determine which breakfast foods are the healthiest?

## 2. Information Sources

Choose several of the information sources linked here to complete the Student Activity on Slide 3.

*When required, see your teacher/librarian for login information*

- [Brain Pop: Nutrition](#)
- [Interactive Food Label](#)
- Food Label in [detail](#)
- [“What do these food labels mean?”](#)
- [What's New With the Nutrition Facts Label](#)

Use these sources to examine nutritional information for some popular breakfast foods and complete Activity 2 on Slide 3:

- [Cheerios](#) (click on Nutrition Information)
- [Pop Tarts](#)
- [Instant Oatmeal](#) - Maple & Brown Sugar
- [Nutrigrain Bars](#)



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

### 3. Student Activity

#### Activity 1:

Using knowledge that you gained from the resources on Slide 2, check your understanding by completing the **Reading a Nutrition Facts Label** activity assigned by your teacher through Schoology.

#### Activity 2:

Use the resources on Slide 2 to [compare and evaluate nutritional information](#) for Cheerios, Pop Tarts, Oatmeal, and NutriGrain bars. \*Your teacher might assign this to you through Schoology, or use the link to copy it to your Google Drive.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

# 4. Assessment Activity

How can you evaluate nutritional information in order to determine which breakfast foods are the healthiest?

LOOK? 9LG 0UG UG9UIG2C;

Using information that you have learned about nutrition labels and breakfast foods, create the Breakfast of Champions!

Include some of the most nutritious foods ... fresh foods which come without labels.

The infographic is titled "How to Choose Healthy" and is divided into two main sections: "Don't Eat This!" and "Eat This!".

**Don't Eat This!** (Left side, black header):

- White Bread
- White Rice
- Fried Fish Sticks
- Spare Ribs
- Sausage
- Double Cheeseburger
- Pepperoni Pizza
- Soda (labeled "Full of Sugar!")
- Juice
- Chips (labeled "Low in Fiber")
- Fried Chicken (labeled "Oily!" and "Lots of Fat")

**Eat This!** (Right side, green header):

- Green Beans
- Banana
- Spinach
- Water
- Orange
- Apple
- Carrots
- Carrots
- Grilled Beef
- Baked Fish
- Low-fat Yogurt
- Low-fat or Natural Peanut Butter
- Cheese
- Egg
- Yams
- Corn
- Whole Wheat Veggie Pizza
- Beans
- Fat-Free Milk (labeled "Calcium for Your Bones")
- Oatmeal
- Whole Wheat Bread
- 1/2 vegetable
- 1/4 protein
- 1/4 starch
- Full of Vitamins
- Helps You Grow
- Full of Fiber

**Portion Size Guides:**

- Palm of Hand: Amount of Lean Meat
- A Fist: Amount of Rice, Cooked Pasta or Cereal
- A Thumb: Amount of Cheese
- Thumb Tip: Amount of Peanut Butter

Additional text: "Your hand can help you measure the right amount of food to eat." and "Note to adults preparing meals for children: Use your child's hand to measure portion sizes."

This Photo by Unknown Author is licensed under CC BY-SA

# 5. Enrichment Activities

SLIDE NAVIGATION

1

2

3

4

5

6

Next



This Photo by Unknown Author is licensed under CC BY

What are some of the snack foods you eat after school? Read about [hidden sugars](#) on a food label. Then, click on the links below and find the hidden sugars in these snack foods.

- [Frito-Lay](#)- Click on the brand. Click on your selected snack and then click “Nutritional Facts.”
- [Quaker Granola Bars](#)- Click on a granola bar. Click on “Nutritional Information”.
- [Snyders Pretzels](#)- Click on “Products” and then select a type of snack. Click on “Nutrition Facts.”
- [Coca Cola](#) –Click on a product in the “Products” menu.

Complete [Find the Hidden Sugars Activity](#).

# 6. Teacher Resources

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
----------	----------	----------	----------	----------	----------

## Learning Standards Alignment

### Content Learning Standards

1.8.3 Analyze how the environment affects personal health.

7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others

### Common Core State Standards for English Language Arts & Literacy

**Reading: 1.** Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

**Writing: 7.** Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

**AASL Standards Framework for Learners** Inquire: Build new knowledge by inquiring, thinking critically, identifying problems, and developing strategies for solving problems.

Think: Learners display curiosity and initiative by:

I.A.2 Recalling prior and background knowledge as context for new meaning.

Create: Learners engage with new knowledge by following a process that includes:

I.B.1 Using evidence to investigate questions. I.B.3 Generating products that illustrate learning.

Share: Learners adapt, communicate, and exchange learning products with others in a cycle that includes:

I.C.1 Interacting with content presented by others.

Grow: Learners participate in an ongoing inquiry-based process by:

I.D.2 Engaging in sustained inquiry.

### P21 Framework: 21<sup>st</sup> Century Student Outcomes

**3. Information, Media & Technology Skills: Information Literacy:** Access information efficiently and effectively; Use information accurately and creatively for the issue or problem at hand.

**ICT Literacy:** Use technology as a tool to research, organize, evaluate and communicate information.

## Grade 7 Health: Nutrition and Fitness

**Objective:** Students will conduct brief, focused research in order to determine which breakfast foods are the healthiest through the analysis of nutrition labels.

**Time Frame:** Two 90-minute class periods or 2 45-minute class periods

### Differentiation strategies for this lesson:

- Have students use learning supports provided in BCPS Digital Content found in the [Apps Portal](#). Refer to [Digital Content Snapshot/Support pages](#) as needed.

### Notes to the teacher:

- Collaborate with your school library media specialist to plan and implement this lesson.
- **Slide 3: Student Activity #1 Reading a Nutrition Facts Label** is an interactive Excel sheet that should be assigned to students as a OneDrive Assignment using the [Schoology Assignment App](#). **Activity #2 compare and evaluate nutritional information** may be assigned to students as a Google Drive Assignment using the [Schoology Assignment App](#), or students can use the link to copy to their Google Drive.
- Provide students with login information as needed to authenticate BCPS Digital Content. Login information is available on the **BCPS Digital Content** page found via the [Apps Portal](#).