

## **Title: 7<sup>th</sup> Grade (Nutrition Lesson 4): Nutrition Facts Label**

### **Overview:**

In this lesson, students will learn how to read a nutrition facts label and how they can use it to make good decisions about the foods and drinks they eat and drink. Students will explore all the components of the nutrition facts label including the serving size, amount of calories, percent daily values and nutrients, as well as understand why being able to read a nutrition facts label is important to healthy eating. Students will gain experience reading and understanding a nutrition facts label as well as understanding how the calories and amount of various nutrients our bodies take in changes depending on how many servings we eat of a given food. Finally students will have an opportunity to practice what they've learned, and improve their food preparation skills, by making a tasty, healthy trail mix recipe.

**Behavior Change Objective:** As a result of this lesson, students will make healthier food choices after reading the nutrition facts label of the foods they eat.

### **Learning Objectives:**

Students will be able to:

1. Identify the parts different parts of the Nutrition Facts Label.
2. Demonstrate increased confidence in being able to identify healthier foods and drinks based off reading nutrition facts labels.
3. Practice their food nutrition facts label reading and food preparation skills by making a healthy trail mix snack.

**Keywords:** Serving Size, Calories, Percent Daily Value

### **Educational Standards:**

US NJ: 2.2.8.N.1; 2.2.8.N.2; 2.2.8.N.4; 2.2.12.N.1; 2.2.12.N.3; 2.2.12.N.4; 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.2, 2.1.2.B.2, 2.1.4.B.1, 2.1.4.B.2, 2.1.6.B.2

NHES: 1.2.1, 1.2.2

### **Materials:**

- Videos:
  - *Video Four: Nutrition Facts Label*
  - *Kitchen Demo: Turn to the Facts Trail Mix*
- Different Nutrition Facts Labels from food packages or the print outs – attached
- Recipe for Turn to the Facts Trail Mix – see attached
- Kitchen Equipment and Ingredients for Turn to the Facts Trail Mix if doing as in-class activity.
  - Equipment: Mixing bowls, measuring cups, spoon, ziploc baggies or serving bowls

- Ingredients: 2 cups wheat chex, 2 cups unsalted pretzels, 1 cup raisins, ½ cup unsalted peanuts, ¼ cup chocolate chips

### **Before you Begin:**

- Review entire lesson.
- Display a handful of food packages. If you don't have a food package available you can use the nutrition facts labels attached to this lesson - see attached.
- Set up AV equipment and provide space for film viewing.
  - There are 2 videos to be shown: *Video Four: Nutrition Facts Label*, and *Kitchen Demo: Turn to the Facts Trail Mix*

### **Procedure:**

- 1. Introduce Nutrition Facts Labels:** Begin the lesson by displaying food packages that contains a nutrition facts label or the images attached to this lesson. Have students examine the nutrition label/image and identify the parts of the different components (the different nutrients, % daily value, the serving size, and the amount of calories for example). Explain that nutrition facts labels help us determine what kind of nutrients and how much of different nutrients our bodies will get when we eat those foods. Understanding how to read a nutrients facts label will help us make good decisions about the foods and drinks we consume.
- 2. Show video titled: *Video Four: Food Nutrition Facts Label*:** This video will teach the students how to identify all the items on a nutrition facts label and what each one means.
- 3. Show the Kitchen Demo titled: *Turn to the Facts Trail Mix*:** This video will teach students how to make their own healthy trail mix that tastes wonderful but has less added salt, fat and sugar. If students will be making the recipe in class, provide them with the recipe cards – attached – and the supplies and equipment to either follow along with the video, pausing at times for students to complete the steps outlined, or after the video has finished. If students will make the recipe at home, provide them with the recipe cards to take with them.

### **Activities and Resources to Extend this Lesson:**

- Compare the Nutrition Facts Label of your two favorite snacks to decide which is the healthier choice.
- Play the Ingredients Trivia Video Game: <http://bit.ly/ingredients-trivia>
- Serving Size-i-Fize Your Pantry: Read the Nutrition Facts label on your favorite snacks and measure out single servings according to the serving size listed on the label. Keep them in resealable plastic bags or containers so you can quickly grab-and-go!
- Great Lunchbox Challenge: Can you Can you pack a healthy, 600-800 calorie lunch that is HIGH in fiber, iron and calcium and LOW in added sugar, saturated fat and sodium? Read the Label on breads, sandwich ingredients, and snacks to put together a tasty lunch. Try a whole grain pita or tortilla as an alternative to some breads ... try spreads like mustard or hummus instead of mayonnaise ... and measure out single servings of snacks.
- Nutrition Label Word Search: <https://www.fda.gov/media/89343/download>
- Supermarket Challenge: the next time a parent/guardian is going grocery shopping, ask to go with and try to find snacks and cereals that are HIGHEST in dietary fiber, iron and calcium and LOWEST in added sugars, saturated fats and sodium.

# Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** **230**

	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Turn to the Facts Trail Mix Recipe:

### **Ingredients:**

- 2 cups wheat Chex
- 2 cups unsalted pretzels
- 1 cup raisins or other dried fruit like craisins, apricots or pineapple,
- ½ cup unsalted peanuts or other unsalted nuts,
- ¼ cup chocolate chips or chocolate covered raisins

### **Directions:**

- Measure all ingredients and mix into a large mixing bowl
- Measure 1 cup of trail mix into individual baggies or storage containers! Enjoy!