Lesson Title: Nutrition Label

Learning Objectives:

- Explain how to appropriately read a nutrition label
- Identify whether a food item is a healthy choice based on the nutrition label

Opening:

Show the students a nutrition label. This can be done through a projector or printed as a handout. Ask students to identify what is the most important information on the label. Allow them to share out their ideas. Students will most likely provide various answers, which leads to the discovery process. After they are done stating different parts of the label, explain that current nutrition labels are not clear and really don't highlight the important information. Therefore, new nutrition labels are being introduced to the public to emphasize certain food components.

Essential Content:

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 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.

New nutrition labels will be introduced to the public soon. Here's the differences in the new nutrition labels:

- Serving size is now emphasized through its larger size, as well as calories per serving.
- Manufactures must state the grams of **vitamin D, calcium, iron and potassium,** as well as the percent daily value. Other micronutrients can be listed, but it is not a requirement.
- The amount of **added sugar** will now be identified. Also, percentage of added sugar based on no more than 10% of daily calories will be on the label *(reflects 2000 calorie diet).*
- Serving sizes will be based on what consumers are actually eating, not what they should be eating. For example, ice cream serving size is increasing from ½ cup → 2/3 cup and soda is going from 8 ounces → 12 ounces.
- New labels will be updated by July 2018.

Reading a Nutrition Label:

- Start at the top with serving size and servings per container. If a food item states two servings per container and you eat the whole item, you must then double the nutrients listed to get an accurate amount of calories and macronutrients consumed.
- Then, move down to calories. What is an idea calorie range for your meals?
    - Snacks for middle and high school students: 150-250 calories
    - Breakfast:
        - Middle School: 400-550 calories
        - High School: 450-600 calories
    - Lunch and Dinner:
        - Middle School: 600-700 calories
        - High School: 750-850 calories
- Next, look at the fat. An important question to ask yourself as you read the label is: How much fat does it contain and where is it coming from? Trans fats are "man-made" fats and designed to make foods

shelf stable and taste better. Unfortunately, trans fats are very bad for our health. Ideally, you want to eat food with 0 grams of trans fat.

- After fat, review the total carbohydrates on the label. Carbohydrates come in various forms. We want carbohydrates that contain fiber and are low in sugar. Fiber keeps us full and satisfied.
- Next, we want to review the sugar content. There are natural sources of sugar such as milk and fruit, and there are also added sugars. The American Heart Association recommends no more than 25 grams of added sugar per day. This particular label contains 1/3 of the recommended added sugar for the day in only one serving! The new labels will make it very easy to tell how much sugar is "natural" and how much is added to a specific packaged food.
- The final component to review is sodium. Sodium is added to foods to help it become shelf stable. Sodium causes your body to retain fluid. Increased amounts of sodium are located in sauces and canned foods.

Activity:

Students will match the nutrition label to specific food items. Students will review the list of food items first, then they will go back to the Nutrition 101 activity of identifying macronutrients. This will help them determine what the primary macronutrient is in the particular food and find a label that matches the item.

Guided Practice: Together as a class, match one food from the list of food items to the appropriate nutrition label. Explain to students how to identify the primary macronutrient, and how they can use that to find the appropriate label.

Independent Practice: Allow students to match the remaining foods on the food item list to the appropriate labels. Once they have matched the food item to the label, students will determine if the food item is a good choice or not. Many of these foods sound like a good choice initially, but after looking at the nutrition labels, they may not be a great balanced option.

Closure:

What benefits do you see to the new nutrition labels, as compared to the old labels?