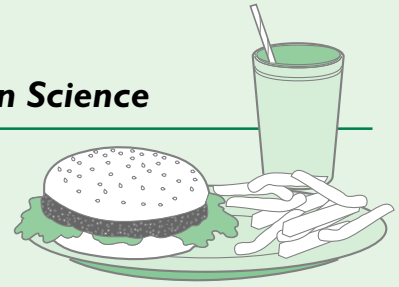


Activity #2: Reading Food Labels

Objective 24: Personal and Social Perspectives in Science

This activity gives students practice reading and organizing information and making conclusions.

Description: Students will read several food labels and fill in a table with information from the labels. The students will then use this information to answer some questions.

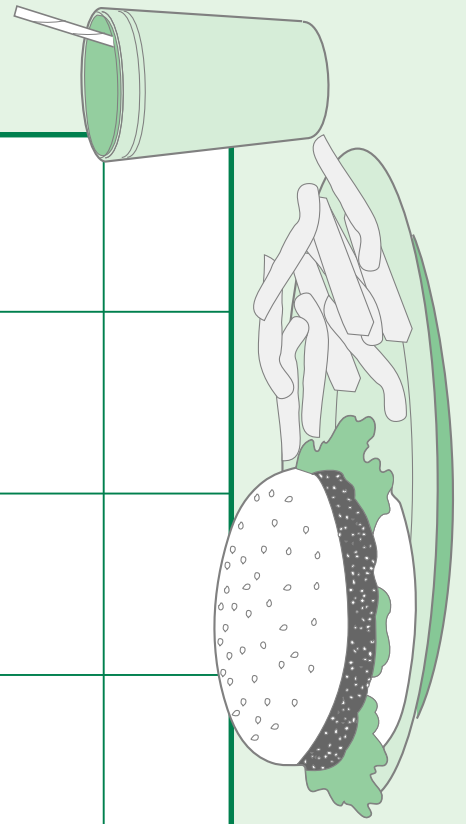


► Directions

1. Ask students to bring “Nutrition Facts” labels from several food packages from home, or duplicate the page with food labels and give each student a copy.
2. Divide students into groups of 3 to 5 and give each group a set of labels, or have each group sort the labels they have brought and then allow time for groups to trade duplicates.
3. Duplicate the table (shown on following page), and have each student/group fill in the table using information from the food labels.
4. When the students have finished, discuss various types of foods and the importance of serving sizes in reading food labels. Ask each team questions such as:
 - Which food would you recommend for a person on a low-sodium diet?
 - Which food has the highest amount of fat per serving?
 - Which food do you think is the healthiest? Why is this food the healthiest?

Nutritional Information

Food	Serving Size	Calories																
Super health food																		
Super junk food																		



Food 1

Nutrition Facts	
Serving Size 33g	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
Calories from fat 25	
% Daily Value *	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0g	0%
Sodium 110mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	
Vitamin A 15% • Vitamin C 0%	
Calcium 20% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Food 2

Nutrition Facts	
Serving Size 19g	
Servings Per Container 1	
Amount Per Serving	
Calories 70	
Calories from fat 0	
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 6% • Vitamin C 6%	
Calcium 2% • Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Food 3

Nutrition Facts	
Serving Size 33g	
Servings Per Container 1	
Amount Per Serving	
Calories 110	
Calories from fat 5	
% Daily Value *	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 140mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 10% • Iron 60%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Food 4

Nutrition Facts	
Serving Size 33g	
Servings Per Container 1	
Amount Per Serving	
Calories 200	
Calories from fat 80	
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 2g	11%
Cholesterol 0g	0%
Sodium 220mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 15%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	