

# Reading Nutrition Fact Labels

## Post-Lab Activity 2 - Teacher Guide

### Grades 2<sup>nd</sup> & 3<sup>rd</sup>

#### Overview

This activity provides an overview on how to read and interpret Nutrition Fact labels.

#### Materials

- For the first part of this activity we suggest you divide your class into small groups of 3 to 4 students per group.
  - Each group will need one package of food with a nutrition fact label (your choice)
- 2 talking items per student (i.e. unifix cube, base 10 block, coin, counter, etc.)
- Kitchen Science Fun Instructional Video 3 (located on our website)
- Video viewing equipment
- Nutrition labels (pages 3 – 7)
- Additional supplies may vary depending on which activity you choose to complete (see procedures)

#### Getting Ready

Read this lesson plan thoroughly to determine which activities you are going to choose to complete. You will need to gather a variety of food items (with a nutrition fact label) to bring into the class depending on how many groups you wish to create in your class.

#### Procedure

Divide students into groups (with 3 to 4 students per group). Give each group a package of food of your choice (i.e. potato chip bag, cookies, anything with a detailed nutrition fact label). Have the students examine the food item (especially the label) as a group.

Give each student two talking items (any object they can place in the center of the group to designate they have spoken two times – i.e. unifix cube, base 10 block, coin, counter, etc.). With the first talking item the student must state something they observed about the nutrition fact label. With the second talking item the student must state something they question about the nutrition fact label (something they don't understand, something they've always wondered about, what is healthy vs. non-healthy, etc.). Students take turn sharing their statement/question and placing their item in the middle of the group designating that they have spoken. The purpose of this opening activity is to give everyone a voice and encourage equal participation in the group. At the end of the talking activity all talking items should be placed in the middle of the circle.

View the [\*Kitchen Science Fun Instructional Video 3\*](#) focused on how to read a nutrition fact label.

Have the students practice reading labels using the attached examples using any way you wish. Listed below are some possible ideas on how to use the examples.

**\*\*Note to teacher - some of the examples are more challenging than others. Please review the example before assigning it to a group. \*\***

1. Assign one label to each group. Have them analyze the entire nutrition fact label. Then present their findings to the class.
2. Create posters around the room. Have students stop at each poster and record a fact about the label (find something new to say about the nutrition fact than already recorded on the poster).
3. Create stations within the room/group. Have all students look at all examples and answer specific questions (see question suggestions below each example).
4. Give each group of students two different labels. Have students draw two interlocking circles (Venn Diagram) on a piece of notebook paper. Have them compare/contrast the two labels. They can decide which food item would be the healthier snack (based upon calories, sugars, etc.).
5. Use the food items you brought into class (see first step in the lesson plan). Have the students complete one of the above ideas with the food package.

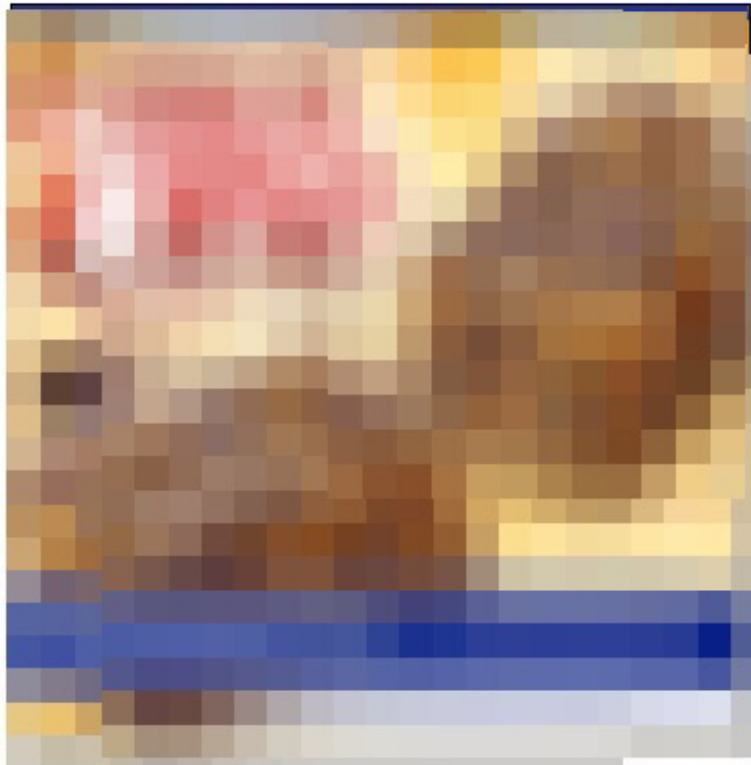
## **Explanation**

The goal of this lesson is to make students aware of nutrition fact labels. Many people do not realize the “servings per container” line when looking at the nutrition fact label. Hopefully students can become aware of the reality of healthy vs. non-healthy choices while walking through the grocery store with their parents.

## **Assessment**

Depending on which lesson idea you use the assessment tool may vary. Students can be evaluated with a teacher created rubric if a presentation or poster was created. Students can also use the provided questions/answers to be evaluated on accuracy of reading the nutrition fact label. Feel free to cut off/cover up the questions and answers section on the page for student use.





<b>Nutrition Facts</b>	
Serving Size 1 bar (40g)	
Servings Per Container 5	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 9g	<b>35%</b>
Sugars 10g	
<b>Protein</b> 2g	
Calcium 10%	• Iron 6%
<small>Not a significant source of vitamin A and vitamin C.</small>	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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

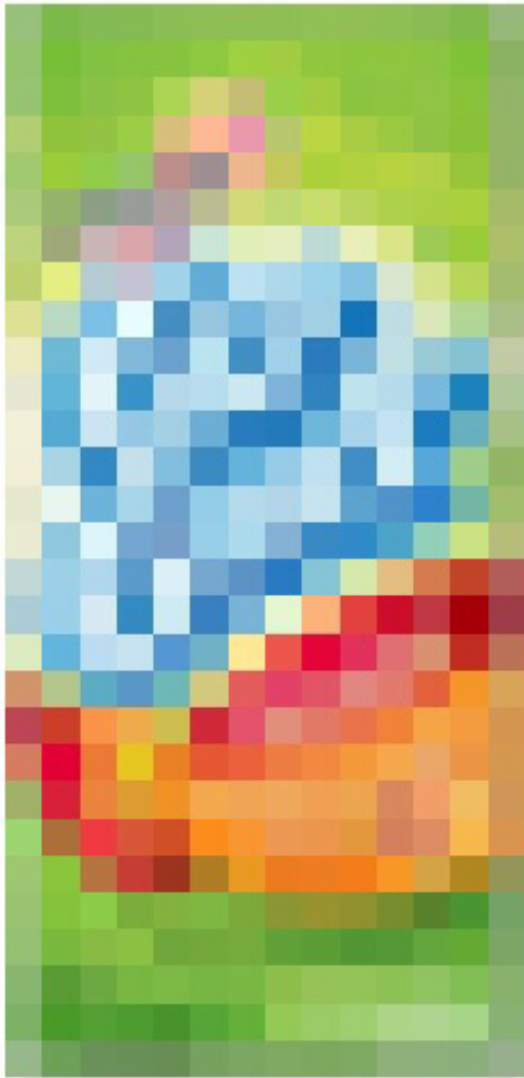
**Ingredients:** Chicory Root Extract, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Whole Grain Oats, Corn Syrup, Rice Flour, Barley Flakes, Sugar, Canola and Palm Kernel Oil, Vegetable Glycerin, High Maltose Corn Syrup, Maltodextrin, Tricalcium Phosphate, Sugarcane Fiber, Soy Lecithin, Cocoa Processed with Alkali, Salt, Fructose, Malt Extract, Caramel Color, Cellulose Gum, Baking Soda, Milk, Natural Flavor, Mixed Tocopherols added to retain freshness.

**CONTAINS SOY, MILK; MAY CONTAIN PEANUT, ALMOND, SUNFLOWER AND WHEAT INGREDIENTS.**

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### Questions

1. If I ate the entire box of bars (all 5 bars) how many grams of sugar would I consume?
2. How many grams of protein would I consume if I ate 2 bars?



<b>Nutrition Facts</b>	
Serving Size 1 tube (64g)	
Servings Per Carton 8	
Amount Per Serving	
<b>Calories</b>	60
Calories from Fat	5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>1%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin A 8% • Vitamin C 0%	
Calcium 10% • Iron 0%	
Vitamin D 10% • Riboflavin 4%	
Phosphorus 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

**Ingredients:** Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Kosher Gelatin, Tricalcium Phosphate, Potassium Sorbate Added to Maintain Freshness, Carrageenan, Natural Flavor, Vegetable Juice, Annatto Extract and Beta Carotene (for color), Vitamin A Acetate, Vitamin D<sub>2</sub>.

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**Comments?** Send tube with written inquiries.  
**1-800-967-5248 (M-F 7:30 – 5:30 CT)**  
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Kids under 5 years may have difficulty swallowing frozen Go-GURT Low Fat Yogurt. Please be sure to thaw before serving.

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Questions

1. If I ate the entire box (all 8 tubes) how many grams of sugar would I consume?
2. How many calories would I consume if I ate 2 tubes?



<b>Nutrition Facts</b>	
Serving Size 2 cookies (26g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b>	120
Calories from Fat	60
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 2.5g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 8g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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

**Ingredients: Enriched Flour Bleached** (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **Sugar, Partially Hydrogenated Soybean and / or Cottonseed Oil, Water.** **Contains 2% or less of:** Eggs, Baking Powder (sodium aluminum phosphate, baking soda), Salt, Artificial Flavor, Yellow 5, Red 40.

**CONTAINS WHEAT AND EGG INGREDIENTS.**

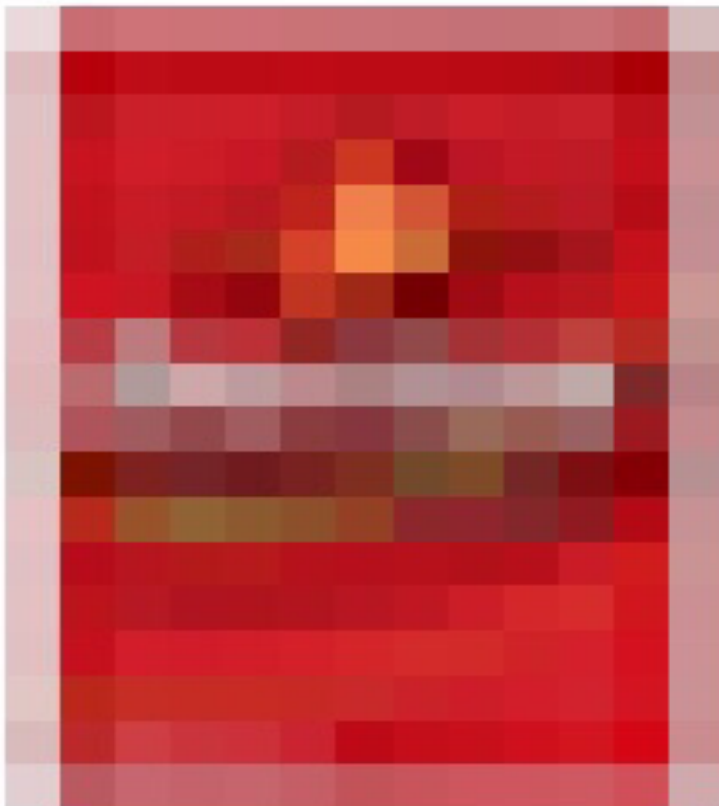
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### Questions

1. If I ate four cookies how many grams of total fat would I consume?
2. How many calories would I consume if I ate 2 cookies?



# Nutrition Facts

Serving Size 1 package

## Amount Per Serving

**Calories** 150      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **7%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 1g      **6%**

Sugars 1g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

Thiamin 4%      •      Vitamin B<sub>6</sub> 2%

Phosphorus 6%

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

Calories per gram:  
Fat 9      •      Carbohydrate 4      •      Protein 4

**INGREDIENTS:** WHOLE CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, AND/OR SUNFLOWER OIL), SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), MALTODEXTRIN, WHEAT FLOUR, WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK SOLIDS, ROMANO CHEESE FROM COW'S MILK (PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, CORN FLOUR, DISODIUM PHOSPHATE, LACTOSE, NATURAL AND ARTIFICIAL FLAVOR, DEXTROSE, TOMATO POWDER, SPICES, LACTIC ACID, ARTIFICIAL COLOR (INCLUDING YELLOW 6, YELLOW 5, RED 40), CITRIC ACID, SUGAR, GARLIC POWDER, RED AND GREEN BELL PEPPER POWDER, SODIUM CASEINATE, DISODIUM INOSINATE, DISODIUM GUANYLATE, NONFAT MILK SOLIDS, WHEY PROTEIN ISOLATE, AND CORN SYRUP SOLIDS.  
**CONTAINS MILK AND WHEAT INGREDIENTS.**

## Questions

1. If I ate two bags how many grams of total fat would I consume?
2. How many calories would I consume if I ate the whole bag?