HOTT Activities

Food Labels

Name: _____

Date: 6-11-12   **Grade Level**: 3-8   **Class/Classes**: Health, Science, or Math

Professions: Dietitian/Nutritionist **References:** http://home.att.net/~teaching/refbook.htm

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: To introduce students to the process of reading food labels.

Materials needed: Food labels and worksheet

Duration: 1 class period

Instructions:

- Ask each student to bring to school one food label showing nutrition information.
- The teacher will also need one label to use as an example.
- Divide the class into teams.
- Give each team member one copy of the Food Label Comparisons worksheet.
- If available, place a transparency of the worksheet on the overhead projector.
- Demonstrate how to complete the chart using information on the sample food labels.
- Ask each person to complete the information for their own food label in column 1.
- Then everyone passes their food labels to the left and completes column 2.
- Continue until all columns are filled.
- Each person takes turns reading one column of answers on their chart.
- The rest of the team checks to see that they have the same information, and they resolve any discrepancies by referring to the food label in question.

Comparison	Example	1	2	3	4
1. What is the name of the product?	Campbell's Tomato Soup				
2. How large is one serving?	½ Cup				
3. How many calories per serving?	80				
4. How many total grams of fat per serving?	0g				
5. How many grams of fiber are in each serving?	1g				
6. How many milligrams of salt (sodium) are in each serving?	710 mg				
7. What is the percent Daily Value of Vitamin C in each serving?	10%				
8. How many grams of protein are in each serving?	2g				