

Nutrition Labels

Wyoming Health

Objective:

- Students will learn the importance of eating breakfast and how to make healthful food choices by using information from food labels.

Activity Procedure:

1. Ask the students if they have ever heard the saying, "Breakfast is the most important meal of the day." Then have them explain why breakfast is the most important meal of the day.
2. Next, ask the group to tell you what makes a car run. The obvious answer should be gas or fuel. Ask what happens if you forget to put gas in the car. The car eventually runs out of gas and won't run anymore.
3. Explain that breakfast means "to break the fast." Think about the time that passes between when a person goes to sleep and wakes up the next morning. Point out that for some people, it may be 6 to 10 hours - or even longer. Even though the person was sleeping, his or her body was still working. As a result, the person's "fuel" or energy levels get low. Discuss that if you don't refuel your body with food when you wake up, you may be running on empty.
 - ***"Does a car run on empty?"***
 - ***"Can a person run on empty?"***
 - ***"What if I don't have any gas to put in the car?"***
 - ***"Can I put other things in a gas tank to get the car to run?"***
4. Explain that one difference between people and cars is that people can run on different types of fuels or foods. Still, some types of fuel or food help us run better than others.
5. Show the students different types of foods commonly eaten at breakfast (cereal and milk, juice, eggs...). Ask the students, "If I have many different fuels to choose from, how can I decide which helps my body run at its best?"
6. Distribute a sample of a food label and identify its components. Explain to the group that food labels tell people what they are eating. The labels explain how much fuel and nutrition are in the food. Have the group look at the percentages of each nutrient on the label. The percentages tell us how much of a certain nutrient is found in a serving.



Standards

Health:

Health Promotion
& Disease Prevention: 1.5
Accessing Health Information,
Products & Services: 2.1

Materials

- Label Reader page
- Samples of food labels from breakfast-type foods (cereal, breakfast bars, toaster pastries, fruit juice, eggs, milk)
- Sample labels for fruits (apricots, grapefruit, kiwifruit, mangoes, raspberries)
- Food Labeling page

Estimated Time

45 Minutes

Grades 5-6

7. Try to select foods that provide more than 20 percent of calcium, iron, vitamin A, vitamin C and fiber. If you eat these foods, over a day's time you are likely to meet the goal of 100 percent. Fat, cholesterol and sodium play important roles in the body, but should be eaten in smaller amounts.
8. Now, have group members look at the breakfast labels you brought. Have them use the labels to rank the nutrients from highest to lowest daily percentage.

Homework Connection:

Have each child choose five foods commonly found at his or her home. Using the Food Labeling Chart, rank the foods in order of highest to lowest for each nutrient, based on the food label. Bring the list the next day to share with the class.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* 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	

Materials Adapted from Junior Master Gardener Teacher/Leader Guide

Label Reader

Nutritional information

Serving size: The amount commonly eaten in one sitting. Be careful: Some products contain more than one serving.

Dietary fiber: Derived from plants and found in foods containing plant parts. Helps the body digest foods and absorb nutrients; helps lower blood cholesterol.

Vitamin A (retinol): Helps you see better: helps bones grow and skin develop; helps fight disease.

Vitamin C (ascorbic acid): Helps fight infections and heals wounds; helps the body absorb iron and calcium.

Calcium: Promotes strong bones and teeth; needed for blood to coagulate, or thicken; used by muscles and nerves.

Iron: Needed for hemoglobin (the part of red blood cells that carries oxygen) and myoglobin (the protein in muscle cells that holds oxygen).

Apricots

Calories	60	Total fat	1g
Dietary fiber	1g	Protein	0g
Vitamin A	45%	Vitamin C	20%
Calcium	2%	Iron	2%

Cantaloupe

Calories	50	Total fat	0g
Dietary fiber	1g	Protein	1g
Vitamin A	100%	Vitamin C	80%
Calcium	2%	Iron	2%

Grapefruit

Calories	60	Total fat	0g
Dietary fiber	6g	Protein	1g
Vitamin A	15%	Vitamin C	110%
Calcium	2%	Iron	0%

Kiwifruit

Calories	100	Total fat	1g
Dietary fiber	4g	Protein	2g
Vitamin A	2%	Vitamin C	240%
Calcium	6%	Iron	4%

Mango

Calories	70	Total fat	.5g
Dietary fiber	1g	Protein	0g
Vitamin A	40%	Vitamin C	15%
Calcium	0%	Iron	0%

Raspberries

Calories	50	Total fat	0g
Dietary fiber	8g	Protein	1g
Vitamin A	0%	Vitamin C	40%
Calcium	6%	Iron	2%

Food Labeling

Directions: Choose five food that are found in your home. For each food chosen, use the food label to identify the amount (percent of the daily value or %DV) of calcium, iron, vitamin A, vitamin C, and fiber found in one serving. Then answer the questions below.

Nutrient Amount (% DV)

Food	Calcium (Ca)	Iron (Fe)	Vitamin A	Vitamin C	Fiber

1. Which food is highest in calcium? _____
2. Which food is lowest in calcium? _____
3. Which food is highest in iron? _____
4. Which food is lowest in iron? _____
5. Which food is highest in vitamin A? _____
6. Which food is lowest in vitamin A? _____
7. Which food is highest in vitamin C? _____
8. Which food is lowest in vitamin C? _____
9. Which food is highest in fiber? _____
10. Which food is lowest in fiber? _____