

Reading Food Nutrition Labels

Program Name Project Learn of Summit  
 County \_\_\_\_\_

Staff Responsible for Lesson Elizabeth Davis

Date(s) Used	April 23, 2012
Civics Category	II. Civic Participation
Civics Objective	II. 28. Nutrition Access resources for nutrition education and information related to the purchase and preparation of healthy foods.
Time Frame to Complete Lesson	One class session (3 hours with a break).
EFL(s)	High Beginning ESOL and Low Intermediate ESOL
Standard(s)	<ul style="list-style-type: none"> <li>• Read with understanding</li> <li>• Listen actively</li> <li>• Speak so others can understand</li> </ul>
Benchmark(s)	Reading: 2.2, 2.4, 2.5, 3.2, 3.4, 3.5, 4.2, 4.4, 5.1 Writing: 2.4, 2.5, 2.6, 3.3, 3.5 Speaking: 2.5, 3.1, 3.3, 3.4, 4.1
Materials	1) Sample "Nutrition Facts" from food containers. I used: yogurt, Greek Yogurt, Chocolate, Cereal, Pretzels, Eggs, Rice, Mint Candies, and Milk. Can also have students bring in items from home. 2) Handouts: Practice Reading Labels
Activities	1) Show students a sample of a "Nutrition Facts" and start with conversation questions: <ul style="list-style-type: none"> <li>• Does food in your country have this information on the food packages/containers? What information can you find on the packages?</li> <li>• What information can you find on labels in the U.S.?                             <ul style="list-style-type: none"> <li>○ Mention: Ingredients, Vitamins, Calories</li> </ul> </li> <li>• When you eat or go shopping, do you read the labels? What do you look for?</li> <li>• What do you know about the foods you eat?</li> </ul> 2) Next, have students choose a food that they usually eat and answer the handout questions about it. (If it is a larger class, students can do this in pairs or groups). 3) Once complete, teacher guides class to compare their answers out loud. (With a large class, students can compare their answers with other pairs or groups). Possible questions to ask:

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	<ul style="list-style-type: none"><li>• Whose food has the most calories?</li><li>• The most Vitamin A? Vitamin C?</li><li>• Whose food has the most sodium?</li><li>• Is your food “healthy”?</li></ul>
Assessment/Evidence	Students’ written responses from the handouts. Students’ oral comparison of their results and the results of their classmates.
Reflection	Some of the beginning students took a longer time reading the labels so I spent more time with them. For those who finished early, I had them compare answers with a partner before we talked about the food as a class.

### Handout

#### Reading Food Nutrition Labels (“Nutrition Facts”)

Look at the foods below. Choose one that you eat. Then answer the questions about that food’s nutrition.

1. Greek Yogurt
2. Chocolate
3. Cereal
4. Pretzels
5. Eggs
6. Rice
7. Mint Candies



Food: \_\_\_\_\_

1) How much is in one **servings**? (How many grams, pieces, ounces.)

2) How many **calories** are in one serving?

4) How much **sodium** is in one serving?

5) How much **protein** is in one serving?

6) Are there **vitamins** in this food? What vitamins?

## EL/Civics Lesson Plan

7) What are some **ingredients** in the food?