



Nutrition Facts

Read the Labels!!!

Grade 5

Objective: Students will be able to read the nutrition facts given on food items to determine whether or not that food is healthy for them.

Content Standards:

Nutrition and Physical Activity

1.2 N Identify key components of the “Nutrition Facts” label.

3.2 N Interpret information provided on food labels.

5.1 N Use a decision-making process to identify healthy food for meals and snacks.

Materials: Healthy and unhealthy snack items with “Nutrition Facts” printed on the packaging

Procedures:

- 1. Place students into groups of four.**
- 2. Pass out the “Nutrition Facts Example Sheet” and the “Nutrition Facts Worksheet”**
- 3. Point out the Serving Size and the Servings Per Container and discuss the difference to prepare the students for the worksheet.**
- 4. Hand out the worksheets and allow the students to work on them as a group.**



- 5. Discuss each answer as a class. Answer any questions the students may have.**
- 6. Next, pass out two snacks to each group. One healthy, one unhealthy snack. For example, a granola bar and a small bag of chips.**
- 7. Ask them to determine which one is healthier based on the nutrition facts printed on the packaging.**
- 8. You may want to write a list of questions specific to the snack you pass out on the whiteboard. Ask the students to copy them down, answer and turn this in for a point value.**

Reflection / Closure: Students are given the opportunity to ask questions they may have and share their thoughts and ideas with the rest of the class. As a follow-up activity, they may be instructed to review the nutrition facts on the foods they have at home and report whether or not they normally eat healthy or unhealthy snacks.

Adaptations for Learning Disabled: The teacher's use of repetition, opportunities for questions, and working in groups all support various learning styles.

Extensions for Gifted: Students can take a trip to the school cafeteria and study the nutrition facts on the packaged snacks. They may then determine if the



school's snacks are healthy or unhealthy. Do they have much nutritional value? Why or why not?

At-Home Learning: Parents and children can go over the lesson and worksheets at home. They can review and discuss "Nutrition Facts" on foods at home and while shopping. For example, different cereals would provide varying levels of nutrition depending especially on sugar, fiber and whole-grain content.