



**Eat Right – What Does That Mean? (🌈 A Physical Health Story)
(5th Grade – 10-11 yrs.)
Think, Pair, Share: Understanding Food Labels**



STORY CONNECTION – SLIDES 10-11 (Approx Time: 35-40 mins)

Every single cell in your body and your brain is made up of proteins. Proteins are made of amino acids. Our body needs 20 different amino acids. There are 9 amino acids that our body cannot make itself (known as essential amino acids), so we need get those amino acids in the proteins that we eat. Foods like meat, eggs, quinoa, and soy (beans) contain all essential amino acids. There are lots of different vitamins and minerals that we need to get from food to help us grow and stay healthy. Every day we are learning more about the vitamins and minerals that we need to get from the foods that we eat. If you eat a diet that contains fruits & vegetables and proteins, you should be getting all the vitamins & minerals that you need.

Materials needed:

- Nutrition Facts Labels - How to Read - For Kids - Dr. Smarty Video link:
 - <https://www.youtube.com/watch?v=yIY0w04AAVk> (4:30)
- Equipment to show online video
- Various food containers with nutrition labels or images of food labels (included below)
- Paper
- Pencils
- Blank nutritional facts labels (included below)

Preparation needed:

- Preview the video prior to the activity.
- Determine important places to pause the video for discussion. The key points from the video are:
 - Nutrition labels
 - Daily values
 - Ingredients
 - Serving size
 - Basic nutrients
 - Calories, cholesterol, sodium, carbohydrates, proteins, vitamins, minerals
- Determine if student(s) will use the food labels included.
 - If so, print a copy of each label.
 - If not, gather your own food containers and labels.
- Place labels around the room.
- Determine how student(s) will explore the labels around the room (freely, rotation, etc.)
- Determine how student(s) will partner.
- Determine which Blank Nutritional Label student pairs will use based on your student(s) and time.

Instructions:

1. In this activity, student(s) will have the opportunity to learn about and analyze various food labels. By breaking down the information on the labels, they will be able to understand them better and make food choices that will make their body and brain healthy.

Part I: Video

2. First, show the video from the link above.
3. Stop the video at pre-determined points and discuss/clarify as necessary for the student(s).

Part II: Exploring Labels

4. Next, point out the food labels/containers around the room. Explain to student(s) they will have a few minutes to explore the labels independently. They will want to jot down on their own paper the name of the food and anything they find interesting, confusing, surprising, etc. about the information on the nutrition label. They will do a more in-depth analysis later in the activity.
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Give student(s) an allotted amount of time to explore the labels.
7. When time is over or student(s) have finished, have each student find a partner and share what food containers/packages they analyzed and what they found interesting, confusing, surprising, etc.
8. Bring the group back together and have a few of the partner groups share their insights with the whole group.

Part III: Analyzing Labels

9. Explain to student(s) that the next part of the activity will give partner groups an opportunity to look at one of the nutrition labels in much more detail. They will use the blank label provided their chosen food package(s) or label(s) to look for specific information regarding their food.
10. Pass out the blank food label to the student(s).
11. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
12. Give student(s) an allotted amount of time to complete their analysis.
Suggestion: 10-15 minutes is recommended.
13. After time is over or all pairs have completed their label, ask pairs to share with the group anything they found interesting, confusing, or surprising about their food and its nutritional information.
 - Some questions to ask when leading the discussion include:
 - Where are nutritional facts labels found? Do you think most people look at them? Why or why not?
 - What kinds of information can be found on these labels? How is this helpful?
 - How can these labels be helpful?
 - Why do some foods not have labels?
 - Why is it important to look at the ingredients as well as the nutritional information?
14. Optional Extension: If time permits, have the student(s) try to rank the foods analyzed from most nutritional to least nutritional based on their new knowledge.
15. In closing, remind student(s) that their bodies need a lot of nutrients that they can only get from the foods they eat since their bodies are not capable of making them. This means it is especially important for them to know what they are eating to ensure they are giving their body and their brain what they need to be healthy and happy.

Nutrition Facts/Datos De Nutrición

Serving Size/Tamaño por Porción 3 cookies/3 galletas (33g)

Servings Per Container/Porciones por Envase about 15/Aprox. 15

Amount Per Serving/Cantidad por Porción

Calories/Calorías 160 **Calories from Fat/Calorías de Grasa** 70

%Daily Value*/%Valor Diario*

Total Fat/Grasa Total 8g **12%**

Saturated Fat/Grasa Saturada 2.5g **13%**

Trans Fat/Grasa Trans 0g

Polyunsaturated Fat/Grasa Poliinsaturada 2.5g

Monounsaturated Fat/Grasa Monoinsaturada 2g

Cholesterol/Colesterol 0mg **0%**

Sodium/Sodio 110mg **5%**

Potassium/Potasio 40mg **1%**

Total Carbohydrate/Carbohidrato Total 22g **7%**

Dietary Fiber Less than/Fibra Dietética Menos de 1g **3%**

Sugars/Azúcares 11g

Protein/Proteínas 1g

Vitamin/Vitamina A 0% • Vitamin/Vitamina C 0%

Calcium/Calcio 0% • Iron/Hierro 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 /Los valores porcentuales diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

Calories/Calorías: 2,000 2,500

Total Fat/Grasa Total	Less than /Menos de	65g	80g
Saturated Fat/Grasa Saturada	Less than /Menos de	20g	25g
Cholesterol/Colesterol	Less than /Menos de	300mg	300mg
Sodium/Sodio	Less than /Menos de	2,400mg	2,400mg
Potassium/Potasio		3,500mg	3,500mg
Total Carbohydrate/Carbohidrato Total		300g	375g
Dietary Fiber/Fibra Dietética		25g	30g

Chips Ahoy!

ORIGINAL





NUTRITION FACTS



Serving size: 2oz. (56g)
 Servings per container: about 7

Amount / Serving	(% Daily Value*)	
Calories	190	
Total Fat	1g	(1%)
Saturated Fat	0g	(0%)
Trans fat	0g	
Cholesterol	0mg	(0%)
Sodium	0mg	(0%)
Total Carb.	39g	(14%)
Dietary Fiber	4g	(17%)
Soluble Fiber	2g	
Insoluble Fiber	2g	
Total Sugars	2g	
Protein	10g	

Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 245mg	6%
Thiamin 0.5mg	40%
Riboflavin 0.2mg	15%
Niacin 5mg	30%
Folate 199mcg DFE (112mcg folic acid)	50%

Not a significant source of added sugars.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice



Nutrition Facts Serv. Size: 1 Piece (37g),
 Amount per serving: **Calories 140**, Total Fat 4g (5% DV),
 Sat. Fat 2.5g (13% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV),
Sodium 50mg (2% DV), **Total Carb.** 27g (10% DV), Fiber 2g
 (7% DV), Total Sugars 11g (Incl. 10g Added Sugars, 20% DV),
Protein 2g, Vit. D (0% DV), Calcium (0% DV), Iron (6% DV),
 Potas. (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



INGREDIENTS: ORGANIC REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3. CONTAINS MILK.

Nutrition Facts

16 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%

Protein 8g

Vit. D 3mcg 15% • Calcium 290mg 20%

Iron 0mg 0% • Potas. 340mg 8%

Vit. A 160mcg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**15
OUNCES**



Nutrition Facts / Datos de Nutrición

About 3 servings per container
Aproximadamente 3 raciones por envase
Serving size/Tamaño por ración 1/2 cup/taza (130g)

Amount per serving/Cantidad por ración
Calories/Calorías 110

% Daily Value* / % Valor Diario*

Total Fat/Grasa Total	0g	0%
Sat. Fat/Grasa Sat.	0g	0%
Trans Fat/Grasa Trans	0g	
Cholesterol/Colesterol	0mg	0%
Sodium/Sodio	450mg	20%
Total Carb./Carb. Total	20g	7%
Dietary Fiber/Fibra Dietética	5g	17%
Total Sugars less than/Azúcares totales menos de	1g	
Incl. 0g Added Sugars/Azúcares Añadidos		0%
Protein/Proteínas	7g	10%
Vit. D	0mcg	0%
Calcium/Calcio	40mg	4%
Iron/Hierro	1.6mg	8%
Potas.	480mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*El porcentaje del valor nutricional diario (VD) le dice cuanto contribuye un nutriente en una porción de alimento a la dieta diaria. Se usan 2,000 calorías al día como base para hacer recomendaciones nutricionales generales.

Black Bean Salsa with Pineapple

6 SERVINGS
1 (15 oz) can BUSH'S® Black Beans, drained and rinsed
2 cups pineapple tidbits, drained with juice reserved
1 cup red bell pepper, diced

6 green onions, thin (1/2 cup cilantro leaves, chopped)
1/2 cup reserved pineapple juice
1 Tbsp olive oil
1 jalapeño pepper, seeded and minced

Combine all ingredients in a bowl. Toss and serve.

For more recipes visit: www.bushbeans.com

INGREDIENTS: PREPARED BLACK BEANS, WATER, SALT.
INGREDIENTES: FRIJOLES NEGROS PREPARADOS, AGUA, SAL.

BUSH BROTHERS & COMPANY
P.O. Box 52330, Dept. C
KNOXVILLE, TN
37950-2330 USA

www.bushbeans.com
1-800-590-3797
Please refer to the code on end of can.

HEATING DIRECTIONS
Microwave: Empty contents into microwaveable container. Cover. Heat 1-2 minutes. Stir and mix. Conventional: Empty contents into saucepan. Heat to simmer.
CÓMO CALENTAR
Microondas: Vacíe el contenido en un recipiente adecuado para microondas. Cubra. Caliente por 1-2 minutos. Revuelva y sirva. Conventional: Vacíe el contenido en un sartén. Caliente a fuego lento.

GLUTEN FREE
SIN GLUTEN

PLEASE RECYCLE





Nutrition Facts Servings: 18, **Serv. size: 1 egg (56g)**, Amount per serving: **Calories 80**, **Total Fat** 5g (6% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 210mg (70% DV), **Sodium** 80mg (3% DV), **Total Carb.** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 7g (14% DV), Vit. D (6% DV), Calcium (2% DV), Iron (6% DV), Potas. (0% DV). % DV = % Daily Value



Nutrition Facts

4 servings per container

Serving size **1 Cup (85g)**

Amount per serving

Calories **30**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 0.6mg **4%**

Potassium 270mg **6%**

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Sharp Cheddar

45 min. each

Cheese, divided

package, omitting or the last minute. ceapan until crisp. , reserving and stir 1 min. boil, stirring thickened. n; cook and stir nd bacon; mix well. ooking spray; top heated through.

Nutrition Facts
About 16 servings per container
Serving size 1/4 cup (28g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 0mg	0%
Potassium 0mg	0%

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INGREDIENTS: CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR)), MODIFIED CORNSTARCH ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR)
CONTAINS: MILK.

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ONCE OPENED, USE WITHIN 5 DAYS

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Nutrition Facts

Serving size 2 Medium Kiwifruit (162g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **7%**

Total Sugars 20g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 28mg 2%

Iron 0mg 0% • Potassium 510mg 10%

Vitamin C 261mg 290%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Blank Nutritional Labels

Nutritional Facts

Serving Size

Amount Per Serving

Calories

Calories from Fat

% Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Sugars

Protein

Vitamin A

Vitamin C

Vitamin D

Calcium

Iron

*Percent Daily Values (DV) are based on a calorie diet.

Food 1 _____

Serving Size _____

Servings Per Container _____

Calories

Total Fat _____ grams

Dietary Fiber _____ grams

Sugars _____ grams

Protein _____ grams

Vitamins and/or Minerals (most to least):

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients:

1. _____

2. _____

3. _____

Food 2 _____

Serving Size _____

Servings Per Container _____

Calories

Total Fat _____ grams

Dietary Fiber _____ grams

Sugars _____ grams

Protein _____ grams

Vitamins and/or Minerals (most to least):

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients:

1. _____

2. _____

3. _____

1. Which food has more calories? _____
2. Which has more sugar? _____
3. Which has more fat? _____
4. Which has more protein? _____
5. Which has more fiber? _____
6. Which is the healthier choice? _____