

## Food Label Intro

### Learning Objectives

- I can find nutrition facts such as serving size, added sugar, and sodium on food labels and start to analyze products to determine how healthy they are [4.1d, 4.2d, 4.3d]

### Teacher Notes

- I suggest telling students a little bit about this activity the class period before they do it. Tell them they will need to have 3 food labels with them, preferably from foods they like to eat, and preferably a variety of food/drink items.
- After watching the intro video, students will work through the activity guide at their own pace. Short video links are included in each section of the guide that will provide movement opportunities. There is also another video link with instructions on how to fill out the activity guide. That one is designed for students to click and watch on their own, but you could also choose to show the entire class.
- Video run time is 4 minutes and 47 seconds. Activity time will vary for each student. Allow 15 - 20 minutes and provide physical activity choices for students who finish early.

### Lesson Steps: Video Outline [Video Link](#)

#### Step 1 Introduction

- Have students get their 3 food labels ready before starting the video. It will help them complete the questions if they are able to find some of the items on their food labels while watching the video example.

#### Step 2 Activity

- Students will analyze 3 food labels found at home to complete the activity guide included below

#### Step 3 Closure

- [Activity Guide](#)- see example below

### Assessments

- This entire activity can be used as an assessment, so pre-and post are not included
- To access the student activity guide, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit' to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the activity guide so they can each create their own individual response.



## Food Label Intro Activity Guide

- 1) Tell us what each item you have is?

Item # 1:

Item # 2:

Item # 3:

Each question will refer back to these 3 items. Click [here](#) for a video example for how to fill it out

- 2) List the serving size for each of your 3 items

Item # 1:

Item # 2:

Item # 3:

Serving Size – do 5 seconds of planks for every ounce [Movement Video](#)

- 3) How many grams (g) of added sugar are in each of your items?

Item # 1:

Item # 2:

Item # 3:

Sugar – do 10 quick feet for every gram of added sugar: [Movement Video](#)

- 4) How many milligrams (mg) of sodium are in each of your items?

Item # 1:

Item # 2:

Item # 3:

Sodium – do one “cherry picker” jump for every milligram of sodium [Movement Video](#)

- 5) List how many grams (g) of protein are found in each of your 3 items

Item # 1:

Item # 2:

Item # 3:

Protein – do one pushup for each gram of protein: [Movement Video](#)