



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5th

Unit **Label Reading**

SOLs:

- 5.5 B- Explain that there are different RDA recommendations for children, teens, and adults.
- 5.5 C- Explain the effect of **portion size** on RDA.
- 5.5 D- Explain the purpose of **vitamins and minerals**.
- 5.5 E- Evaluate components of **food labels** for a variety of foods, to include
 - **macronutrients, RDA, and portion size.**

Title: **How to Use Label Reading Assessment**

Objectives/ Goals:

[Assess student label reading skills]

- Students will be able to apply nutrition knowledge while analyzing actual food labels

Materials:

[Equipment and Set Up]

- Assessment papers- attached below

Procedure:

Intro- Discussion should cover:

- Make sure students understand the format and know what the expectations are.

- Students need to fill out the left side of the page with all the required nutrition facts before answering question 9 at the end.
- When scoring question 9, it is not really about whether or not the student has the “correct answer” for whether the food is healthy or not. The important thing is that the facts the student chooses to use support the conclusion he/she made.

Description-

How to use this assessment:

Cut out food labels and make copies.

This part is completely optional, but I also usually allow students to work with 1 partner for this assessment. The idea there is to make it feel more like a continued learning experience than a test.

Assessments, References & Sources

Assessments:

See below:

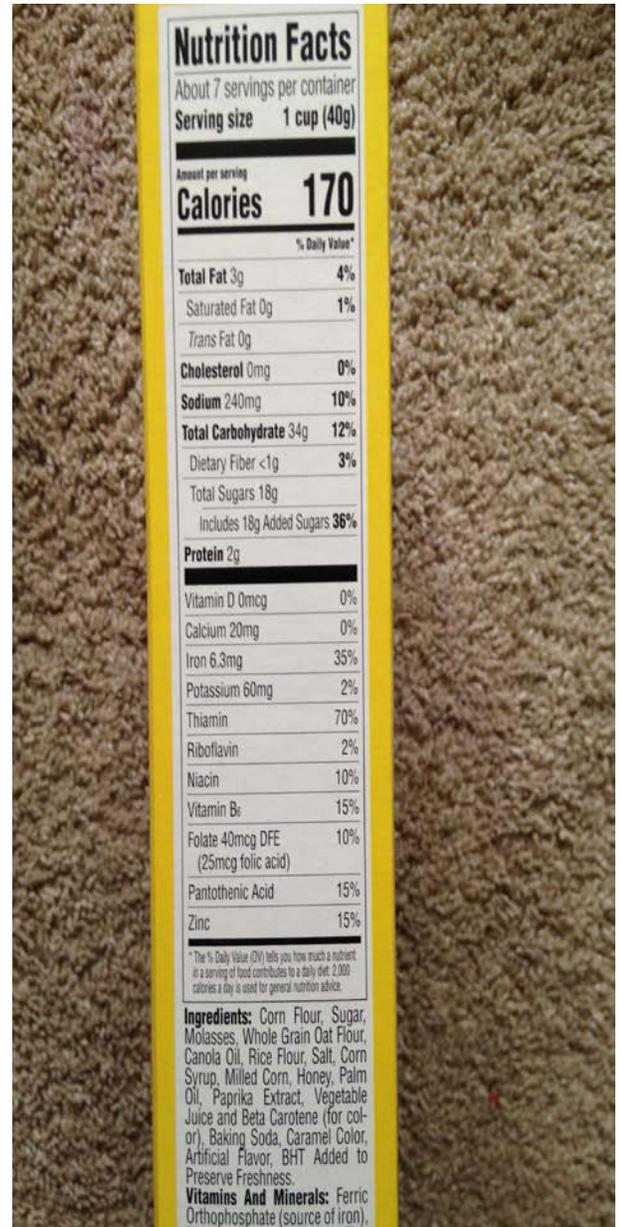
Name: _____

Food Label Reading Assessment

Read the label and identify nutrients to determine if the food is healthy

1. Macronutrients
 - Protein: __g
 - Carbohydrates: __g
 - Fat: __g
2. Micronutrients: List Vitamins and Minerals you see with the highest RDA percentages:
 -
 -
 -
3. How much Fiber
 - Fiber: ____g
4. Sugar
 - __g
 - Natural or Added? (circle one)
5. Fats
 - Polyunsaturated: __g
 - Monosaturated: __g
 - Saturated: __g
 - Trans __g
6. Sodium
 - Sodium in Food: __Mg
 - RDA % for sodium: ____%
7. List any Artificial Ingredients you see:
 -
 -
 -
8. What is the serving size for this item?

How many total servings in this container?



9. Circle One:

Is this food item
Healthy Or Unhealthy

Provide 3 facts from the analysis
above to support your answer:

- 1) _____
- 2) _____
- 3) _____

Name: _____

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