DISSECTING THE NUTRITION FACTS LABEL

STUDENT PROCEDURES

Protein is an important nutrient found in foods from both plants and animals. All people, and especially tweens and teens, need protein for growth and development. As a class, you will look at the pictures of food on the **Food Product Cards** your teacher has provided and arrange them in order from the greatest to the least, according to the amount of protein per serving in each product. Record this information on your group's **Dissecting the Nutrition Facts Label** worksheet.

Part A

1. Look at just the pictures on the **Food Product Cards** with your group. Each card shows a picture of a food product that contains protein. As you look at the cards, discuss which food you think has the most protein per serving, and which has the least. Arrange the cards in order of the food with the most protein per serving to that with the least and record this information in column 1 on your group's **Dissecting the Nutrition Facts Label** worksheet.

    What information did you use to arrange the products?

2. Now look at the Nutrition Facts label for each product to find how much protein per serving is in each one. List the foods from most to least amount of protein per serving according to the information on the label.

3. How accurate was your initial list? In the Compare column, write an up arrow (↑) if the actual ranking was higher than you initially recorded, a down arrow (↓) if it was lower than you initially recorded, and an equal mark (=) if it was the same as your ranking. Which foods surprised you by having more or less protein per serving than your group thought?

    The Nutrition Facts label tells you a lot about a food item. It does not suggest what foods to eat, but it helps you make wise food choices. Almost all packaged foods sold in grocery stores are required to have Nutrition Facts labels.

    Why do you think it is important to understand the Nutrition Facts label?

Part B

To learn more about the Nutrition Facts label, you will research the label and use that information to make a **Nutrition Facts Label Mini-Book**.

1. Watch the video, *Making Healthy Choices Using the Nutrition Facts Label*
    www.youtube.com/watch?v=OWMSJqnYFMY

2. After you watch the video, go to the Interactive Nutrition Facts Label website: www.accessdata.fda.gov/scripts/interactivenutritionfactslabel. Click on "Whats on the Label." Use the information from the video and website to complete the pages on your worksheet that will become your **Nutrition Facts Label Mini-Book**. Once you've completed adding information to each page, you will make the **Mini-Book**.

    Start at the top of the food label. The first categories are **Serving Size** and **Servings per Container.** What do these tell you about the packaged food? Using the Interactive Nutrition Facts label resource, explain what **Serving Size** and **Servings per Container** mean in your **Mini-Book**.

    Calories are next on the label. Explain what the label tells you about calories in your **Mini-Book**.

    The next line shows **% Daily Value**; the label shows a **% Daily Value** for most of the nutrients. What does this number tell you about the nutrients? Add this information to your **Mini-Book**.

    The list of **Nutrients** follows the % Daily Value. Some of these are **Nutrients To Get Less Of** and some, **Nutrients To Get More Of**. Explain what these are in your **Mini-Book**.

    Near the bottom of the label are certain **Vitamins and Minerals**. Which ones are included on the label and why are they included? Add this information to your **Mini-Book**.

    To make the **Mini-Book**, follow the directions in this video: *How to Make a Quick and Easy 8 Page Mini-Book From One Piece of Paper*; you can also look at the diagram on page 89. Text on your paper can face up or down.
    www.youtube.com/watch?v=21qi9ZcQVto.

Part C

Use your **Nutrition Facts Label Mini-Book** to answer questions on your **Scavenger Hunt** worksheet, then review and compare your responses with other groups.