

## TOPIC #16: Food Labels

## Student Activity Guide



Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

## LET'S READ LABELS

**PART A:** Reading labels on foods will help you become a better consumer. Some of the information on food labels is mandatory (required by law), other information is voluntary (written as a courtesy to the consumer).

**MANDATORY INFORMATION** includes:

1. The name of the product.
2. The style of the product (type of liquid, size of pieces, etc.).
3. The net weight of the contents (this does not include the weight of the container).
4. The name, address, and zip code of the company.
5. Any special information that affects people with health problems.
6. Presence of artificial color, flavor, or preservatives.
7. A list of ingredients in order of weight in the package. The ingredient of the largest amount is listed first.
8. Nutritional labeling must be done if the food has nutrients added or if it claims to be highly nutritious.

**VOLUNTARY INFORMATION** may include:

1. The brand name
2. A picture of the food
3. The number of servings per package
4. Recipes and serving suggestions
5. Freshness dates.

Using the food label printed below, draw a circle around each kind of information you are able to find on the label.

**INGREDIENTS:** Mechanically Separated Chicken, Water, Beef, Pork, Salt, Corn Syrup. Less than 2 percent: Mustard, Spices, Natural Flavorings, Dried Garlic, Sodium Nitrite.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 3 sausages (53g)		Total Fat 14g	22%	Sodium 430mg	18%
Servings about 2.5		Sat. Fat 6g	30%	Total Carb. 0g	0%
Calories 150		Cholest. 50mg	17%	Protein 5g	
Fat Cal. 130		Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4%			

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
Not a significant source of fiber and sugars.

**ARMOUR. A**  
**VIENNA SAUSAGE**  
MADE WITH CHICKEN, BEEF AND PORK  
IN BEEF STOCK

**ARMOUR. A**  
**VIENNA SAUSAGE**  
MADE WITH CHICKEN, BEEF AND PORK  
IN BEEF STOCK

**AMERICA'S #1 CHOICE**

PROOF OF PURCHASE  
\$ OFF ARMOUR VIENNA SAUSAGE

SATISFACTION GUARANTEED  
VACUUM PACKED  
IN U.S.A.

©1996 The Dial Corporation  
Food Division  
Phoenix, AZ 85004-4525  
Questions or Comments? Call 1-800-528-6849

NET WT. 5 OZ. (142g)



**LET'S READ LABELS - PAGE 2**

**PART B:** Using another food label or package provided by the teacher, answer the following questions.

1. What is the name of the product? \_\_\_\_\_

2. The net weight of this product is \_\_\_\_\_

3. What company produces this product? \_\_\_\_\_

4. What is its address? \_\_\_\_\_

5. What are the first three ingredients listed?  
\_\_\_\_\_

6. Where is the U.P.C. code on your product? \_\_\_\_\_

7. What is the expiration date or code on your product? \_\_\_\_\_

8. How much of this product makes one serving?  
\_\_\_\_\_

9. Nutritional Information: (per serving)  
Calories \_\_\_\_\_ Saturated fat (grams) \_\_\_\_\_  
Protein \_\_\_\_\_ Cholesterol (grams) \_\_\_\_\_  
Total carbohydrates \_\_\_\_\_ Sodium (mg) \_\_\_\_\_  
Total fat (grams) \_\_\_\_\_

10. Look at the Percent of Daily Values. Are most of the nutrients less than 2%?  
\_\_\_\_\_ yes \_\_\_\_\_ no

11. From reading the nutritional information, would you consider this convenience food to be nutritious? \_\_\_\_\_ yes \_\_\_\_\_ no  
Explain your answer. \_\_\_\_\_  
\_\_\_\_\_

12. Three items of information on this label that are voluntary are:  
1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_

13. Why do you think the government makes laws regulating food labels?  
\_\_\_\_\_



### LET'S READ LABELS - PAGE 3

**PART C:** For this section, use the labels or packages of two different products that are similar. Label one product as "A" and the second one as "B." Answer the following questions:

Product "A" is: \_\_\_\_\_

Product "B" is: \_\_\_\_\_

1. How many calories are in a serving of product "A"? \_\_\_\_\_  
How many calories are in a serving of product "B"? \_\_\_\_\_
2. What is the serving size of product "A"? \_\_\_\_\_  
What is the serving size of product "B"? \_\_\_\_\_
3. How many of the calories in product "A" come from fat? \_\_\_\_\_  
How many of the calories in product "B" come from fat? \_\_\_\_\_
4. List the vitamins product "A" contains. \_\_\_\_\_  
List the vitamins product "B" contains. \_\_\_\_\_
5. How much sodium is in product "A" per serving? \_\_\_\_\_  
How much sodium is in product "B" per serving? \_\_\_\_\_
6. How much protein is in product "A" per serving? \_\_\_\_\_  
How much protein is in product "B" per serving? \_\_\_\_\_
7. How much fat is in product "A" per serving? \_\_\_\_\_  
How much fat is in product "B" per serving? \_\_\_\_\_
8. How much cholesterol is in product "A" per serving? \_\_\_\_\_  
How much cholesterol is in product "B" per serving? \_\_\_\_\_
9. What is the total number of carbohydrates in product "A"? \_\_\_\_\_  
What is the total number of carbohydrates in product "B"? \_\_\_\_\_
10. Are there any minerals listed in product "A"? \_\_\_\_\_  
Are there any minerals listed in product "B"? \_\_\_\_\_
11. Which of the above products is the best choice nutritionally? \_\_\_\_\_  
Why? \_\_\_\_\_



**LAB PLANNING SHEET: "BANDIT BREAKFAST BISCUITS"**

Date of Lab \_\_\_\_\_ Unit \_\_\_\_\_ Period \_\_\_\_\_

Student Names: \_\_\_\_\_

1 pkg. canned biscuits (Requires two biscuits per serving) Makes 5 servings

Any of the following six combinations of ingredients:

1 tsp. peanut butter 1 slice banana	1 tsp. creamed cheese 1 slice banana	1" square Cheddar cheese 1 tsp. jelly
1" square Cheddar cheese 1/2 Vienna sausage or 1 slice of turkey or ham	1" sq. Cheddar cheese 1 small slice of apple	2 -3 pcs. canned apple 1/2 t. margarine dash of cinnamon

Roll biscuits on a floured surface until they are about 3 inches across. On the bottom biscuit, place the items from any of the above combinations. Put the top biscuit over the ingredients chosen and press edges together with a fork. Put biscuits on a cookie sheet sprayed with a nonstick vegetable spray. Bake at 375 degrees F. for 10-12 minutes or until biscuits are golden in color.

Before you begin, turn this paper over and complete the lab planning sheet. Assign at least one preparation duty and one cleanup duty to each member of your group. Put the name of the student who is responsible for each task on the line in front of that task. Be sure to put your names at the top of this sheet.

When you have completed your lab work as outlined on the back of this paper, fill in this section for evaluation.

GRADING: (10=Excellent, 1=Needs Improvement)	Student Rating	Teacher Rating
Lab area is clean	_____	_____
Directions were followed	_____	_____
Lab was completed on time	_____	_____
Overall rating of product	_____	_____
Group members worked well together	_____	_____
<b>TOTAL</b>	_____	_____



### LAB PLANNING SHEET: "BANDIT BREAKFAST BISCUITS" - PAGE 2

- \_\_\_\_\_ 1. Get the supplies from the supply table. Preheat oven to 375 degrees F.
- \_\_\_\_\_ 2. Roll each biscuit on a floured surface until it is approximately 3 inches in diameter.
- \_\_\_\_\_ 3. On the bottom biscuit, place the items selected from the combinations on the other side.
- \_\_\_\_\_ 4. Put the top biscuit over the ingredients and press the edges together securely with a fork.
- \_\_\_\_\_ 5. Spray a cookie sheet with nonstick vegetable spray and put the biscuits on the cookie sheet.
- \_\_\_\_\_ 6. Bake at 375 degrees F. for 10-12 minutes or until golden in color. Set the timer.
- \_\_\_\_\_ 7. Fill one sink with hot soapy water and the other sink with hot rinse water.
- \_\_\_\_\_ 8. Remove biscuits from the cookie sheet immediately after removal from oven. Put the cookie sheet in hot water to soak.
- EVERYBODY! 9. Sit at your table and enjoy your biscuits! Be sure to let the teacher see your finished product.
- \_\_\_\_\_ 10. Set dish drain next to the edge of the rinse sink.
- \_\_\_\_\_ 11. Wash the dishes in hot, soapy water. Rinse them in hot water and put them in the dish drainer.
- \_\_\_\_\_ 12. Dry the dishes and put them away in their correct places. Dry dish drainer and put away.
- \_\_\_\_\_ 13. Wipe the range top and door, table, and counter tops. Empty your dishwater and rinsewater.
- \_\_\_\_\_ 14. Dry sinks and polish faucets with the dish towel. Put dirty towels and dish cloths in the laundry area.
- \_\_\_\_\_ 15. Sweep the floor or vacuum the carpet.
- EVERYBODY! 16. Put your aprons away!



**LAB PLANNING SHEET: "VANISHING BREAKFAST ROLLS"**

Date of Lab \_\_\_\_\_ Unit \_\_\_\_\_ Period \_\_\_\_\_

Student Names: \_\_\_\_\_  
 \_\_\_\_\_

- |                                    |                        |
|------------------------------------|------------------------|
| 1 pkg. canned biscuits             | Makes 5 servings       |
| 2 Tbsp. margarine                  | (Requires two biscuits |
| 2 Tbsp. sugar                      | per serving)           |
| 1/2 tsp. cinnamon                  |                        |
| 5 large marshmallows (cut in half) |                        |

Melt margarine in a custard cup in the microwave. In another custard cup, combine the sugar and cinnamon. Roll the marshmallow halves in the melted margarine, completely coating the marshmallows. Then roll the marshmallows in the sugar/cinnamon mixture, coating all the surfaces. Wrap each marshmallow in a biscuit, hiding the marshmallow completely inside the biscuit. Prepare a jelly roll pan or cookie sheet with aluminum foil, shiny side up, being careful to cover the sides of the pan. Coat the foil with a nonstick vegetable spray. Place the rolls on the pan, sealed edges down. Bake at 375 degrees F. for 11-13 minutes. Set the timer. Remove rolls from pan immediately after removal from oven.

Before you begin, turn this paper over and complete the lab planning sheet. Assign at least one preparation duty and one cleanup duty to each member of your group. Put the name of the student who is responsible for each task on the line in front of that task. Also be sure to put your names at the top of this paper.

When you have completed your lab work as outlined on the back of this paper, fill in this section for evaluation.

GRADING: (10=Excellent, 1=Needs Improvement)	Student Rating	Teacher Rating
Lab area is clean	_____	_____
Directions were followed	_____	_____
Lab was completed on time	_____	_____
Overall rating of product	_____	_____
Group members worked well together	_____	_____
<b>TOTAL</b>	_____	_____



### LAB PLANNING SHEET: "VANISHING BREAKFAST ROLLS" - PAGE 2

- \_\_\_\_\_ 1. Get the supplies from the supply table. Preheat oven to 375 degrees F.
- \_\_\_\_\_ 2. Using the microwave and a custard cup, melt:  
2 Tbsp. margarine (a few seconds is enough)
- \_\_\_\_\_ 3. In another custard cup, combine:  
2 Tbsp. sugar and 1/2 tsp. cinnamon
- \_\_\_\_\_ 4. Cut the marshmallows in half and roll in the melted margarine. Then roll the marshmallows in the cinnamon/sugar mixture, coating all surfaces.
- \_\_\_\_\_ 5. Wrap each marshmallow half in a biscuit, hiding each marshmallow completely inside the biscuit. Seal edges securely by pressing them together with your fingers.
- \_\_\_\_\_ 6. Line a jelly roll pan or cookie sheet with aluminum foil, shiny side up. Carefully cover sides of pan. Coat the foil with a nonstick vegetable spray.
- \_\_\_\_\_ 7. Place biscuits on pan and bake at 375 degrees F. for 11-13 minutes or until golden in color. Set the timer.
- \_\_\_\_\_ 8. Fill one sink with hot soapy water and the other sink with hot rinse water. Set the dish drain next to the edge of the rinse sink.
- \_\_\_\_\_ 9. Remove rolls from pan immediately after removal from oven. Carefully remove aluminum foil and place the pan in hot water to soak.
- EVERYBODY! 10. Sit at your table and enjoy your biscuits! Be sure to let the teacher see your finished product.
- \_\_\_\_\_ 11. Wash, rinse, and drain the dishes.
- \_\_\_\_\_ 12. Dry the dishes and put them away in their correct places. Dry dish drainer and put away.
- \_\_\_\_\_ 13. Wipe the range top and door, table, and counter tops. Empty your dishwasher and rinsewater.
- \_\_\_\_\_ 14. Dry sinks and polish faucets with the dish towel. Put the dirty towels and dish cloths in laundry area.
- \_\_\_\_\_ 15. Sweep the floor or vacuum the carpet.
- EVERYBODY! 16. Put your aprons away!