
FOODS AND NUTRITION

TOPIC #16: Food Labels

TIME PERIOD: 0-1 day

CORE STANDARD #4: Careers: The students will explore careers related to family and consumer sciences, identifying skills which are applicable for both the home and the school/workplace, and the impact of career choices on family lifestyles.

OBJECTIVE: Students will be able to read and analyze the information provided on a food product label.

INDEPENDENT LIVING SKILLS (COMPETENCIES):

20.0001-0412 Identify various types of information found on a food label.

20.0001-0413 Analyze the nutritional values of food according to the information provided on labels.

LIFE SKILLS:

- * Lifelong Learning
- * Complex Thinking
- * Effective Communication
- * Collaboration
- * Responsible Citizenship
- * Employability

RELATED CAREERS: OCCUPATIONAL CLUSTERS:

Dietitian
Advertising Manager
Homemaker
Nutrition Consultant

Scientific/Medical; Family and Consumer Sciences
Business/Marketing-Sales
Technical/Crafts; Family and Consumer Sciences
Scientific/Medical; Family and Consumer Sciences

**LIST OF STUDENT ACTIVITIES:**

1. No-Label Foods (Motivator)
2. Label-Ease
- ▶ 3. Let's Read Labels
4. Food Label Analyzer
5. Food Labels Lab
Bandit Breakfast Biscuits
or
Vanishing Breakfast Rolls
6. Identification of Related Careers

SUPPLIES REQUIRED:

- Food cans and/or boxes covered with plain brown paper
- Materials from Dairy Council of Utah
Copies of student activity guides provided
- Small posters with definitions of advertising terms (16.8-16.9)
Definitions of terms (16.10-16.11)
Copies of student activity guide for each student (16.12-16.13)
Actual food labels (one for each pair or group of students)
- Computer software from Ohio Distinctive Software w/computer
- Copies of recipes and lab sheets for each unit (16.15-16.16 or 16.17-16.18)
Food supplies for recipes
Cookie sheets or jelly roll pans
Aluminum foil
- Career information (16.19)
Career posters (16.20-16.21)





PROCEDURE

CONCEPT: Food labels contain information that helps us make wise consumer decisions.

1. NO-LABEL FOODS (MOTIVATOR)

Have several food containers (boxes and/or cans) covered with brown paper so students cannot see the information found on the label. To stimulate thinking about the importance of information found on labels, ask the students questions such as:

- If you went to the store and wanted to buy something to eat for a quick snack, which item would you buy?
- If you were trying to reduce your sugar intake, which item would you buy?
- If you were trying to reduce your fat intake, which item would you buy?
- If you wanted something nutritious to eat, which item would you buy?
- If you needed six servings of food, which item would you buy?

Discuss how difficult it would be for consumers to make intelligent decisions without accurate information on food labels.

2. LABEL-EASE

Use the materials provided by the Dairy Council of Utah to introduce the students to the concept of becoming familiar with information provided on labels. This material helps the students understand labeling terminology and how to interpret it. Student activity guides are provided as part of the materials. The teacher will need to purchase the cards for students—they are very inexpensive.

▶ 3. LET'S READ LABELS

Give the students actual food labels and/or food packages and have them complete the student activity guide, LET'S READ LABELS (pages 16.12-16.14). Labels and/or packages can be given to students individually, in pairs, or as lab groups.

The concept of mandatory vs. voluntary information can be introduced using the following materials. Enlarged definitions of these terms are provided on pages 16.8-16.9.



MANDATORY INFORMATION: INFORMATION THAT IS REQUIRED BY LAW TO BE ON A FOOD LABEL

VOLUNTARY INFORMATION: INFORMATION FOUND ON A FOOD LABEL THAT IS NOT REQUIRED BY LAW

Mandatory information includes:

- The name of the product
- The style of the product (type of liquid, size of pieces, etc.)
- The net weight of the contents (this does not include the weight of the container)
- The name, address, and zip code of the company
- Any special information that affects people with health problems
- Presence of artificial color, flavor, or preservatives
- A list of ingredients in order of weight in the package; the ingredient of the largest amount is listed first
- Nutrition information, including the number of calories and the number of calories from fat

Voluntary information may include:

- The brand name
- A picture of the food
- The number of servings per package
- Recipes and/or serving suggestions
- Freshness dates.

Introduce the terms, calories and empty calories, with these definitions:

CALORIES: A STANDARD OF MEASUREMENT FOR ENERGY FROM FOOD

EMPTY CALORIES: FOOD HIGH IN CALORIES AND LOW IN NUTRIENTS

Patterns for definition posters or overhead transparencies are provided on pages 16.10-16.11.

4. FOOD LABEL ANALYZER

Use the computer software, Food Label Analyzer, from Ohio Distinctive Software for the students to learn about label analysis, shopping guidelines, and food analysis for foods without labels. This software is very inexpensive and user friendly. This would be an excellent activity for use in a round-robin educational program.



CORE TEST QUESTION BANK

UNIT: FOOD AND NUTRITION

TOPIC: FOOD LABELS

20.0001-0412 *Identify various types of information found on a food label.*

1. Information that is required by law to be on a food label is called:
 - a. Voluntary information
 - b.* Mandatory information

2. Information found on a food label that is not required by law is called:
 - a.* Voluntary information
 - b. Mandatory information

3. Food labels contain information that helps us:
 - a. Make wise nutritional choices
 - b. Make wise consumer decisions
 - c.* Both a and b

4. Put an "M" in front of each item that is mandatory information on a food label. There are four (4) correct answers.

M	a.	The name of the product
M	b.	A list of ingredients in order of weight in the package with the largest amount listed first
___	c.	The brand name
M	d.	Any special information that affects people with health problems
___	e.	The number of servings per package
M	f.	The net weight of the contents

5. Put a "V" in front of each item that is voluntary information on a food label. There are three (3) correct answers.

___	a.	A list of any artificial colors, flavors, or preservatives that have been added
V	b.	A picture of the food
V	c.	A recipe or serving suggestions
___	d.	The name, address, and zip code of the company
___	e.	The style of the product
V	f.	Freshness dates

CORE TEST QUESTION BANK

20.0001-0413 Analyze the nutritional values of food according to the information provided on labels.

Nalley
FINE FOODS SINCE 1918
ORIGINAL
CHILI
CON CARNE WITH BEANS

Nutrition Facts
Serving Size 1 Cup (259g)
Servings Per Container about 2

Amount Per Serving		% Daily Value*
Calories 260	Calories from Fat 60	
Total Fat	7g	11%
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	1140mg	48%
Total Carbohydrate	32g	11%
Dietary Fiber	10g	40%
Sugars	3g	
Protein	19g	
Vitamin A	25%	Vitamin C 0%
Calcium	8%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

PACKED BY: NALLEY'S FINE FOODS
TACOMA, WA 98411
A DIVISION OF CURRIES-BURNS FOODS, INC. —
Quality of Nalley's products is guaranteed.
When contacting us, please have can code information from bottom of can available.

INGREDIENTS: WATER, BEEF, BEANS, TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), CONTAINS 2% OR LESS OF TOMATO PASTE, SALT, WHEAT FLOUR (BLEACHED, ENRICHED (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN), MALTED BARLEY FLOUR), SPICES, FOOD STARCH-MODIFIED, HYDROLYZED SOY PROTEIN, MONOSODIUM GLUTAMATE, SUGAR, PAPRIKA, FLAVORINGS, CITRIC ACID.

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Nalley ORIGINAL

Nalley's unique blend of seasonings, ground beef, and plump, pink beans are what's made Nalley Original Chili famous. It's a mild, flavorful chili the whole family can enjoy and is perfect for adding your own special touches like: fresh tomatoes, cheese and onions.

HEATING INSTRUCTIONS

STOVE TOP:
Empty contents into saucepan and stir gently while heating slowly.

MICROWAVE:
Empty contents into microwave-safe bowl. Cover loosely. Heat on HIGH for 3 minutes or until hot. Stir once during heating.

PROOF OF PURCHASE

0 41321 24105

NET WT 15.0Z (425g)

- How much of the Nalley's Original Chili is one serving? _____ 1 cup _____
- How many servings are in the can? _____ 2 _____
- How many grams of fat are in one serving? _____ 7 _____
- How many grams of carbohydrates are in one serving? _____ 32 _____
- How many grams of dietary fiber are in one serving? _____ 10 _____
- How many grams of sugar are in one serving? _____ 3 _____
- Which ingredient is found in the greatest amount? _____ water _____
- How many of the calories in the soup come from fat? _____ 60 _____
- List two items on the food label that are required (mandatory) by law.
 - ____ Name of product _____
 - ____ list of ingredients _____
- List two items on the food label that are NOT required (voluntary) by law.
 - ____ Picture of the food _____
 - ____ Heating instructions _____