

Nutrient Detectives

Summary

Students will be assessed on their understanding of how to read and understand nutrient information on food labels. 25 different food labels will be placed around the room. Students will work individually to answer the questions on their bingo cards by using the food labels. For example one question on the bingo card might say which food has the most saturated fat or grams of sugar?

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.2:](#)

Time Frame

1 class periods of 30 minutes each

Group Size

Individual

Life Skills

Aesthetics, Thinking & Reasoning, Communication, Systems Thinking

Materials

Materials include 25 different food labels and 30 different bingo cards with questions randomized.

Student Prior Knowledge

The day before this activity we will watch a Google Slide that teaches students how to understand food labels.

Intended Learning Outcomes

Students will be able to identify the number of servings per container, the amount of saturated fats, grams of sugar, number of calories, and other specific nutrients like protein, carbohydrates, vitamins and minerals that commercial food products contain.

Instructional Procedures

Students will be assessed on their understanding of how to read and understand nutrient information on food labels. 25 different food labels will be placed around the room. Students will work individually to answer the questions on their bingo cards by using the food labels. For example one question on the bingo card might say which food has the most saturated fat, or grams of sugar? Another question might be how many servings are in a certain container, etc.

After students have had time to answer the questions on their cards, we will play bingo. If students have the correct answers they will be able to win bingo.

Assessment Plan

Students will be assessed based on if they have the correct information filled in on their bingo card.

Authors

