

# Consumerism - Labeling Lab With Convenience Food

## Summary

Preparing a Calzone with a convenience food for the dough, sauce and cheese; then applying the information to create own personal nutrition label to include all of the foods into one label.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 3 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

Calzone Lab page 1, 2, 3 stapled and attached together

Materials needed:

colored markers

colored pencils

Ingredients needed for an individual serving of a calzone:

2 Rhodes dinner rolls, thawed

1/4 cup spaghetti sauce

1/4 cup mozzarella cheese

butter

Optional toppings:

mushrooms

green peppers

pepperoni

onion

olives

## Background for Teachers

This lab is really well-liked with the students. They will want to make it at home over and over.

The teacher needs to have a basic understanding of Nutritional labeling on food products - its importance to the consumer, what is required by law, terms used on labels, and identification of dates.

Place the frozen Rhodes dinner rolls in the refrigerator the night before the lab to thaw the rolls. Do not leave out of the refrigerator/freezer to thaw!

Prior to the lab: precut, measure, and place all foods needed for the lab on the supply table to be used by the students.

## Student Prior Knowledge

The student would need to know how to read and interpret food labels to make their own.

## Intended Learning Outcomes

The students will understand the importance of label reading to help make appropriate food choices in promoting a lifetime of good health.

They will be able to interpret definitions, terms, and dates and identify the new format and the requirements for all nutrition labels for the benefit of the consumer.

They will create their own nutrition label in proper format using the information given to them in class from a food that they prepare.

### Instructional Procedures

Hand out to the students the Calzone lab sheet 1, 2, and 3. Read and explain the directions to the class. Individually, each student will prepare their own calzone and then place it on a cookie sheet with the other members of the unit to bake. As a unit, the students will create a label for a "cheese" calzone using the information on the labels given on page 2 for the Rhodes frozen dough, mozzarella cheese and Pizza Sauce. Make sure the students are aware that calculations will need to be made for the number of rolls used, amount of serving size for sauce, etc. in their figuring for their own label. On the third page, they will complete the nutritional information from their calculations on the label and create an illustration for the package cover and give a name for their product.

The students will prepare, eat and create their own label for their Calzone and turn it in at the end of the hour. Make sure they clean up before they leave.

### Bibliography

Reading label activity and Calzone Label and Lab originated from Kristi Belliston (American Fork High School) and Rebecca Cox (Lone Peak High School).

### Authors

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