



Program description:

In this lesson, students will be introduced to using a nutrition facts label to identify nutrition and sugar content in various foods.

Age level: Grades 3-5

Program Length: 10-15 minutes

Objectives:

Students will be able to:

- ✿ Review a nutrition facts label and locate serving size, calorie amounts and vitamin content.
- ✿ Compare the amounts of sugar in different foods through use of a nutrition facts label.

materials:

- ✿ Enlarged version of a nutrition facts label for teacher-led explanation
- ✿ Copy-ready food pictures and nutrition labels
- ✿ Copy-ready images of sugar packets for students to cut out

Lesson:

Begin by reviewing the included nutrition facts label with the students. Ask students how many of them have noticed these labels on the food they eat. Point out where they can find serving size, vitamin, and calorie amounts on the label. Explain that many foods contain hidden sugar. People may not see or taste this sugar, but it will be listed on the nutrition facts label.

Explain that each sugar packet, on the paper and in “real life,” represents 4 grams of sugar. In groups or individually, students should cut out the sugar packets and determine how many sugar packets are in each food by using the food’s nutrition facts label. Each individual or group will require a minimum of 31 packet images.



Answer Key: (Students will need to round their answers up to the next whole number.)

Ketchup: 1 sugar packet Chocolate: 5 sugar packets

Fruit Snacks: 3 sugar packets Soda: 10 sugar packets

Cotton Candy: 9 sugar packets Donut: 3 sugar packets



How many servings am I eating?

How much energy?

Not too much!

Get enough!

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans</i> Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| <hr/> | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Percent of what you need in a day



Name _____

Directions: Too much sugar is not good for our bodies! Many foods have sugar hidden in them. Cut out the packets of sugar and use them to represent the amount of sugar in each item.



| Nutrition Facts | |
|--|---------------------|
| Serving Size 1 Tbsp. (15g) | |
| Servings Per Container 34 | |
| Amount Per Serving | |
| Calories 25 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 8% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 0g | 0% |
| Sugars 4g | |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 0% |
| *Percent Daily values are based on a 2,000 calorie diet. | |



Nutrition Facts

Serving Size: 1 bar (1.45 oz) (41g)

| Amount Per Serving | |
|-----------------------------------|-----------------------|
| Calories 218 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13.28 g | 20% |
| Saturated Fat | |
| Trans Fat | |
| Cholesterol 2.05 mg | 1% |
| Sodium 2.46 mg | 0% |
| Potassium 205.82 mg | 6% |
| Total Carbohydrate 24.36 g | 8% |
| Dietary Fiber 2.67 g | 11% |
| Sugars 19.5 g | |
| Sugar Alcohols | |
| Protein 2.27 g | |
| Vitamin A | |
| Vitamin C 0 mg | 0% |
| Calcium 12.3 mg | 1% |
| Iron 0.87 mg | 5% |



| Nutrition Facts | |
|---|---------------------|
| Serving Size 7.2 ounces (204 g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 70 | Calories From Fat 5 |
| % Daily Value* | |
| Total Fat 0.5 g | 1% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 5g | 18% |
| Sugars 11g | |
| Protein 1g | |
| Vitamin A 4% | Vitamin C 100% |
| Calcium 20% | Iron 4% |
| * Percent Daily Value based on a 2000 calorie diet. | |



| Nutrition Facts | |
|--|-----|
| Serving Size 1 Can | |
| Servings Per Container 12 | |
| Amount Per Serving | |
| Calories 140 | |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Sodium 50mg | 2% |
| Total Carbohydrate 39g | 13% |
| Sugars 39g | |
| Protein 0g | |
| Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron. | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |



| NUTRITION INFORMATION | |
|--|------------|
| Serving Size | 2 oz./60ml |
| Calories | 150 |
| Calories from Fat | 0 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 10mg |
| Total Carbohydrate | 36g |
| Dietary Fiber | 0g |
| Sugars | 36g |
| Protein | 0g |
| % of U.S. Recommended Daily Allowance (U.S. RDA) | |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 0% |
| Iron | 0% |

| Nutrition Facts | |
|------------------------|----------------------|
| Serving Size 1 Donut | |
| Amount Per Serving | |
| Calories 220 | Calories from Fat 80 |
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 4g | 19% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 320mg | 13% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 1g | 4% |
| Sugars 12g | |
| Protein 3g | |



1 sugar packet = 4 grams of sugar





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