



SECOND GRADE

LESSON: Introduction to the Food Label

SC STANDARD: 2.RI.3

W
WOFFORD

It's your world.

INTRODUCTION TO THE FOOD LABEL

OBJECTIVES:

- Understand the food label and what each part means
- Know why it is important to read food labels

LET'S GET STARTED! (10 MINUTES):

- Explain what a food label is and why it is important to read when buying or eating foods
- Briefly discuss each part of the food label

ACTIVITY (15 MINUTES):

- There will be a set of multi-step directions that the students have to follow in order to answer certain questions

WRAPPING UP (5 MINUTES):

- Recap the information about food labels taught during this lesson
- Hand out Boss' Backpack Bulletin with the weekly goal and reminders on today's lesson

SC STANDARDS:

- 2.RI.3 Know and apply grade-level phonics and word analysis skills in decoding words.

MATERIALS:

- Food Label handout
- Following Boss' Directions worksheet
- Boss' Backpack Bulletin
- Pencils

LET'S GET STARTED!

- Today's lesson is learning about food labels. There is a lot of important information you can get from a food label.
- Ask students if they know what a food label is and pass out the Food Label handout once they have responded
- Ask if anyone knows why food labels are important and if they can list some of the things they see on the Food Label handout, like calories, fat, sugar, sodium, vitamins and minerals, carbs, etc.

DIALOGUE BOX

- The food label is very important to understand and look at when buying or eating foods. It can tell you a lot about the food you eat and how healthy or unhealthy it is for you.
- There is a lot of information found on a food label. Some of the more important elements of the food label are the numbers displayed beside the calories, fat, carbohydrates, sugar and sodium. These numbers can show you what all you are putting into your body and decide whether or not the food item is healthy or unhealthy.
- For example, the word "fat" on the food label can tell you how much fat content is in the food that you are eating. A plain chocolate bar has around 13 grams of unhealthy fat in it! But granola bars have around 3.5 grams of fat, which is much better than the 13 grams that come in the chocolate bar.
- These numbers will change when it comes to certain foods though, so not all granola bars have 3.5 grams of fat in them. But if you read the food labels on the box, it will tell you how much fat is in that specific food.
- Now begin describing each individual part of the food label (calories, fat, carbs, protein, sugar, etc.) and briefly explain what they do and why they are important

SODIUM

- There is a word on the food label right above the total carbs called "sodium." Sodium is just a more scientific way of saying "salt", like the salt you use during dinner. So, if you ever see the word sodium on the food label, know that all they are talking about is the amount of salt that is in that food!

DIALOGUE BOX

- There are many parts to a food label that are important for you all to understand and be able to recognize.
- Calories are one of the first things on the food label. Can anyone point to the calories on their handout?
- The number beside calories will usually be a lot larger than any other number on the food label. Someone your age should have around 1,500 calories per day. Everything you eat has calories, and the food label will tell you how many calories the food item has on the bag or box that it comes in. So all of the food you eat and drinks you drink in a day should equal close to 1,500 calories, and the food label is a great way to keep track of all the calories you are eating during the day!
- Fat is another part of the food label that is important to look out for. Can anyone find the fat content on the food label?
- There are healthy fats and unhealthy fats, which you will learn about in the Fats lesson, but for now, all you need to know is that some unhealthy foods, like chips, cookies, brownies, and candy, have a lot of unhealthy fat in them. Usually for these types of foods, the number beside fat will be a little higher than if you ate a fruit, vegetable, or any other GO food, which is a food you can eat all of the time!
- Protein is another part of the food label that is important to keep track of to keep your body healthy. Has anyone ever hear of protein?
- Protein is important for building healthy bones and muscle, and it can also keep you awake and energized during the day! Someone your age should have around 25-30 grams of protein per day!
- You can find a lot of protein in foods like meat, fish, eggs, and even beans. But some fruits and vegetables also have smaller amounts of protein in them, like bananas, spinach, and avocados. These foods will have a lower number beside protein on the food label than that of meat and eggs, but they are all great foods to eat to reach your goal of 30 grams per day!
- Carbohydrates is another category on the food label! Anyone see where the word Carbohydrates is on the handout?
- Carbohydrates can be found in almost any food, so it is important that you do not go overboard with this number because eating too many unhealthy Carbohydrates from foods like bread, chips, bagels, etc., can be bad for your body!
- The last part of the food label we are going to look at is sugar. Just like fat, there are healthy sugars that come from natural foods like fruit, and then there are unhealthy sugars that are added to foods, like cookies and candy. Natural sugars from fruits are very good for your body, but the sugar that is added to foods are not and are mostly WOH foods, meaning you should only eat them every once in while.

- A second grader should have no more than 40 grams of sugar per day! Some sodas have 40 grams of sugar in just one can! So, if you drink just one soda, you likely have consumed the amount of sugar that you are supposed to have for that entire day! Reading the food labels will definitely help when it comes to checking how much sugar comes in the foods you and your family eat!
- There are more things that come on the food label, like sodium and vitamins and minerals, but we will talk about those in a later lesson!
- Ask if any of the students have any questions so far about the food label

ACTIVITY

- For today's activity, the students will circle the correct answers on the Following Boss' Directions handout after the teacher has read out loud the three multi-step sets of directions
- Use the Teacher Multi-Step Directions for the steps and allow them to work in groups of two if they need help

DIALOGUE BOX

- For today's activity, you will have sets of directions that you will need to follow in order to answer certain questions that are based on the food label!
- Use your Food Label handout to help guide you if you need to.
- I will say out loud three steps you will have to follow in order to find the answer I am looking for. When you think you have found the answer, circle it on the Following Boss' Directions worksheet!
- When everyone appears to be finished, walk around the room to check answers, and then have a few students say the answers out loud to the class

WRAPPING UP

- Remind the students about the importance of reading a food label and all of the different things you can find on them
- Pass out Boss' Backpack Bulletin with the weekly goal and reminders on the food label

FOOD LABEL

Nutrition Facts	
Serving Size 2 Crackers (14g)	
Serving Per Container 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

Calories

Fat

Carbs

Sugar

Protein

FOLLOWING BOSS' DIRECTIONS

Listen carefully to the directions that your teacher is going to give you. There will be three things to find on this blank food label sheet, and for each of them, there will be three different steps you have to do in order to find the correct answer!

Nutrition Facts	
Serving Size 2 Crackers (14g)	
Serving Per Container 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

TEACHER MULTI-STEP DIRECTIONS: FOLLOWING BOSS' DIRECTIONS

FIRST SET OF DIRECTIONS:

1. Find the words that start with "T" (Total Fat, Trans Fat, and Total Carbs)
2. Next, find the words that have "Total" written in front of them (Total Fat and Total Carbs)
3. Lastly, circle the word that has a 10g written beside it (Total Carbs)

SECOND SET OF DIRECTIONS:

1. Find all of the words that have a zero written beside them (Saturated Fat, Trans Fat, Cholesterol, and Sugars)
2. Find the two words that have zero written beside them and start with an "S" (Saturated Fat and Sugar)
3. Circle the word that we talked about today during the lesson (Sugar)

THIRD SET OF DIRECTIONS:

1. Find the category that meat, eggs, and beans would be a part of (Protein)
2. Find the word "calories" on the food label
3. Now, circle the number that is right beside the words you just found (Protein- 2g; Calories- 60)

BOSS' BACKPACK BULLETIN

Use the food label picture to help you remember what all we talked about in today's lesson! The goal for this week is to pick 4 foods that have food labels and record their information in the boxes below! Remember to write down the name or brand of the food you chose as well!

Nutrition Facts	
Serving Size 2 Crackers (14g)	
Serving Per Container 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%



Food Label #1

Name of food _____

Calories _____

Fat (Total Fat) _____

Carbs (Total Carbs) _____

Sugar _____

Protein _____

Food Label #2

Name of food _____

Calories _____

Fat (Total Fat) _____

Carbs (Total Carbs) _____

Sugar _____

Protein _____

Food Label #3

Name of food _____

Calories _____

Fat (Total Fat) _____

Carbs (Total Carbs) _____

Sugar _____

Protein _____

Food Label #4

Name of food _____

Calories _____

Fat (Total Fat) _____

Carbs (Total Carbs) _____

Sugar _____

Protein _____