

**Lesson #5**

**Essential Lesson Plan Components**

**1. Theme of Instruction:** Nutrition- Food Labels and Diet  
**Grade/Developmental Level:** 11

**# Of Students** 20

**2. Lesson Objectives: Highlight Standards/Benchmarks/Performance Indicators**

A) **Cognitive:** Students will understand food labels as demonstrated by completing the worksheet by the end of class. Students will understand proper diet techniques. Students will analyze

Carbohydrate

Carbohydrate \_\_\_\_\_ gm x 4 cal/gm = a) \_\_\_\_\_ calories from Carbohydrate

Protein \_\_\_\_\_ gm x 4 cal/gm = b) \_\_\_\_\_ calories from protein

Fat \_\_\_\_\_ gm x 9 cal/gm = c) \_\_\_\_\_ calories from fat

Add up answers from a) \_\_\_\_\_ + b) \_\_\_\_\_ + c) \_\_\_\_\_ to get  
Total calories in the ONE serving = \_\_\_\_\_ calories

4. What is the percentage of calories from fat?

Calories from fat \_\_\_\_\_ ÷ Total calories in ONE serving \_\_\_\_\_ =  
\_\_\_\_\_ %

5. What percentage of calories comes from saturated fat?

Saturated fat \_\_\_\_\_ gm x 9 cal/gm = \_\_\_\_\_ total saturated fat calc

Total saturated fat calories \_\_\_\_\_ ÷ total calories in ONE serving \_\_\_\_\_  
= percentage of calories from saturated fat \_\_\_\_\_ %

6. How many milligrams of cholesterol in ONE serving? \_\_\_\_\_ mg

7. How many milligrams of sodium in ONE serving? \_\_\_\_\_ mg

8. Would this food item fit on your school wellness policy? \_\_\_\_\_

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