

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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