

Lesson Plan: Food Labels

<p>The students will be able to:</p> <ul style="list-style-type: none"> ✓ Design, analyze, and modify nutrition programs for self and others ✓ Design and implement plans for balanced, healthy living including nutrition ✓ Analyze and explain the effects that nutrition have on body systems before, during, and after exercise 	<p>Equipment:</p> <ul style="list-style-type: none"> - A variety of food labels (try to collect wrappers from popular snack foods and soft drinks) - Food Labels analysis packages (appendix) - Alphabetical Listing of Additives booklet (appendix) - Colourful markers - Extra drawing paper
<p>Anticipatory Set:</p> <p>⇒ Introduce Food Labels</p> <ul style="list-style-type: none"> • After this lesson, students will be able to read a food label and comprehend what it really means. • Encourage the students to see that they may not be making the best food choices nutritionally • At the very least the students can walk away having learned how to check the food they eat for nutritional value • The end goal is for the students to think about their food choices and how it will affect their body not just how they are going to feel five minutes later after eating the double cheeseburger • During the activities students will have the opportunity to work with other students and listen and express their opinions • This is practical knowledge and is something that everyone should know so they can be an educated consumer and understand their food choices • With knowledge on food labels the students will be able to: <ul style="list-style-type: none"> ○ Compare products more easily ○ Determine the nutritional value of foods ○ Better manage special diets ○ Increase or decrease the intake of a particular nutrient (Health/Canada) • The % Daily Value is: <ul style="list-style-type: none"> ○ A benchmark for evaluating the nutrient content of foods quickly and easily; based on recommendations for a healthy diet; and ○ Used to determine whether there is a lot or a little of a nutrient in a specific amount of food. • How do you use Nutrient Content Claims? <ul style="list-style-type: none"> ○ When you want to decrease the amount of certain nutrients, look for the following types of claims: <ul style="list-style-type: none"> ▪ Free - None or hardly any of this nutrient (e.g., "Sodium free") ▪ Low - A small amount (e.g., "Low fat") ▪ Reduced - At least 25% less of the nutrient than in a similar product (e.g., "Reduced in Calories") ▪ Light - Only allowed on labels of foods that are "reduced in fat" or "reduced in Calories". It could also refer to the sensory characteristics of the food such as "light in colour". The characteristic of light will always be indicated on the food label. ○ When you want to increase the amount of certain nutrients, look for the following types of claims: <ul style="list-style-type: none"> ▪ Source - Contains a useful amount of nutrient (e.g., "Source of fibre") 	