






# Eat Smart Be Smart

## Label Logic

-  **Grade Level:** Third      **Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Math and Health Enhancement
-  **Montana Content Standard:** Math Standard 2: Students demonstrate understanding of and an ability to use numbers and operations.
-  **Montana Content Standard:** Health Enhancement 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.
-  **Objectives:** The students will learn how to read a food label and use math skills (multiplication) to determine information on a label; understand the information on a food label; understand how nutrient content is affected when foods are processed.

### Lesson/Activity

1. Distribute the Basic Training: The Nutrition Facts Food Label handout to each student and use it as the foundation for this lesson.
2. Ask students what the Nutrition Facts label tells us about a food and why it is important to know how to read it. The answer is: to understand the nutritional value of foods; to help make healthy choices.
3. Ask students to raise their hand if they have ever read a Nutrition Facts label and what they learned from it. Explain that they will be looking at Nutrition Facts labels and learning what some of the terms mean on the labels.
4. Have students volunteer to read the boxes on the right-hand side of the Basic Training handout.
  - **Serving size:** This is the amount that should be eaten. All the nutrition information on the label is based on this amount. Show a one-cup serving by asking a student to measure out one cup of cereal and pour it into a bowl using a measuring cup.
  - **Servings per container:** Be aware that often there is more than one serving per container. Food companies may want the product to appear healthier than it is by listing nutrition information for a very small serving size. Ask students how many servings of the food is in this container per the label on the basics handout. How many calories would there be if you ate both servings?
  - **Nutrition numbers:** Have students focus on Calories and Total Fat at this age level. Ask students if they know what is a calorie. Explain that a calorie is a measure of energy in food. Our bodies need calories to grow, stay healthy and have energy to learn and go out and play. Calories come from three sources; carbohydrates, protein and fat. All beverages have calories except one, can they guess which beverage that is? The answer is plain water.

### Materials Needed

- Hang the poster, Read It Before You Eat It, (see Essential Tools section).
- A copy of Basic Training: The Nutrition Facts Food Label handout for each student
- A copy of the Label Logic work sheet for each student

### Optional Materials

- To demonstrate serving size, a 1 cup measure, a bowl, and a box of a high-fiber cereal like Total® or Cheerios®
- Teacher References: Nutrition Facts Labeling Web site: <http://www.cf.san.fda.gov/~dms/foodlab.html>
- Food processing information Web site: [http://en.wikipedia.org/wiki/Food\\_processing](http://en.wikipedia.org/wiki/Food_processing)

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