

Nutrition Labels

Overview

Students work to match nutrition labels to the foods that they describe.

Materials

Materials for the whole class

- Overhead of Tartar Sauce Nutrition Label (Label A—blackline master below)
- Overhead of Butter Nutrition Label (Label B—blackline master below)
- Overhead of *And the Label Goes to...*(blackline master below)

Materials for small groups

- 1 *Food Items* (blackline master below)
- 1 *Mystery Food Labels* (blackline master below)

Materials for individual students

- Science notebook

Procedure

- Hand out copies of the *Food Items* sheet to pairs of students and ask them to predict what information they would find on the nutritional labels for each of the foods listed. Urge them to be as detailed as they can be. This may be a time to go over nutrition labels again or to put up the overhead of the hamburger label for reference.
- Hand out a *Mystery Food Labels* sheet to each pair. Tell them that there is one label from each of the foods listed on the *Food Items* sheet. Instruct each pair to predict which label is goes with which food. They may write the number of the label on the *Food Items* sheet.
- Lead the class in a discussion as you reveal the correct labels, one at a time. Have students share their predictions before you reveal the answers.
- At the conclusion of the activity ask students to decide which food choices seem to be healthy and have them share their reasons.
- Ask students what condiment often is used with fish. Put up the overhead of Label A. Discuss the effects of adding a little tarter sauce to a healthy food choice.
- Ask students what condiment often is put on broccoli. Put up the overhead of Label B. Discuss the effects of adding a little butter to a healthy food choice.

Nutrition Facts

Serving Size 1 order 28g (28 g)

Amount Per Serving

Calories 188 **Calories from Fat** 162

% Daily Value*

Total Fat 18g 28%

Saturated Fat 3g 15%

Trans Fat

Cholesterol 12mg 4%

Sodium 156mg 7%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 1g

Protein 0g

Vitamin A 1% • **Vitamin C** 0%

Calcium 1% • **Iron** 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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Label A

And the Label Goes to . . .

Label 1

Broccoli, boiled, no salt (1 serving = ½ cup)

Label 2

Fish, cod, broiled (1 fillet = 180 grams)

Label 3

Hot dog, beef (1 hot dog, no bun, no condiments)

Label 4

Snacks, potato chips, plain, salted (1 oz. Or small snack bag)

Label 5

Cereal, no milk, General Mills, Lucky Charms (1 small serving or 1 small cup)

Label 6

Campbell's Chunky Soup, Classic Chicken Noodle (1 serving = 245 grams)

Label 7

Orange, raw, Florida (1 large = 141 grams)

Label 8

Soda, cola (16 oz. Bottle)

Food Items

Directions: Predict what information you would expect to see on a food label for each of the foods listed below:

Cereal, no milk, General Mills, Lucky Charms (1 small serving or 1 small cup)

Snacks, potato chips, plain, salted (1 oz. Or small snack bag)

Orange, raw, Florida (1 large = 141 grams)

Campbell's Chunky Soup, Classic Chicken Noodle (1 serving = 245 grams)

Broccoli, boiled, no salt (1 serving = ½ cup)

Hot dog, beef (1 hot dog, no bun, no condiments)

Soda, cola (16 oz. Bottle)

MYSTERY FOOD LABELS

Fish, cod, broiled (1 fillet = 180 grams)

Nutrition Facts	
Amount Per Serving	Calories from Fat 3
Calories 27	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 2g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 2g	
Vitamin A	24% • Vitamin C
Calcium	3% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Nutrition Facts	
Amount Per Serving	Calories from Fat 14
Calories 189	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 99mg	33%
Sodium 140mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 41g	
Vitamin A	2% • Vitamin C
Calcium	3% • Iron
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Nutrition Facts	
Amount Per Serving	Calories from Fat 152
Calories 188	% Daily Value*
Total Fat 17g	26%
Saturated Fat 7g	33%
Trans Fat	
Cholesterol 30mg	10%
Sodium 650mg	27%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 5g	
Vitamin A	0% • Vitamin C
Calcium	1% • Iron
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Nutrition Facts	
Amount Per Serving	Calories from Fat 92
Calories 153	% Daily Value*
Total Fat 10g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 147mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A	0% • Vitamin C
Calcium	1% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Nutrition Facts	
Amount Per Serving	Calories from Fat 11
Calories 142	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 238mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	7%
Sugars 14g	
Protein 2g	
Vitamin A	13% • Vitamin C
Calcium	14% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Nutrition Facts	
Amount Per Serving	Calories from Fat 22
Calories 115	% Daily Value*
Total Fat 2g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 889mg	37%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A	50% • Vitamin C
Calcium	2% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Nutrition Facts	
Amount Per Serving	Calories from Fat 2
Calories 65	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
Vitamin A	6% • Vitamin C
Calcium	6% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Nutrition Facts	
Amount Per Serving	Calories from Fat 1
Calories 182	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 47g	16%
Dietary Fiber 0g	0%
Sugars 44g	
Protein 0g	
Vitamin A	0% • Vitamin C
Calcium	1% • Iron
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