



## Paint Your Plate lesson plan Grade 5—What’s on a label?

### Minds on

Initiate a classroom discussion to get students thinking about ways in which food labels can help us make informed food choices. Encourage students to think about where they see food labels and what type of information they provide.

### Note to teachers

The goal of this activity is for students to learn which foods have food labels, what information they provide and how this information can help make informed food choices.

### Key messages to share with students

- Learning how to read and understand food labels can help you make healthier choices.
- Food labels are required on most packaged foods.
- Food labels can have three types of information:
  - nutrition facts;
  - ingredients list;
  - nutrition claims.
- There are some foods such as fruits and vegetables that do not have nutrition labels.

### Dig Deeper

#### Decoding the nutrition label

([www.unlockfood.ca/en/Articles/Nutrition-Labeling/Decoding-the-Nutrition-Label.aspx](http://www.unlockfood.ca/en/Articles/Nutrition-Labeling/Decoding-the-Nutrition-Label.aspx))

#### Nutrition labeling videos

([www.unlockfood.ca/en/Videos/Nutrition-Labeling.aspx](http://www.unlockfood.ca/en/Videos/Nutrition-Labeling.aspx))

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#### Nutrition Labeling

([www.dietitians.ca/Dietitians-Views/Food-Regulation-and-Labeling/Nutrition-Labeling.aspx](http://www.dietitians.ca/Dietitians-Views/Food-Regulation-and-Labeling/Nutrition-Labeling.aspx))

#### Nutrition Label Quiz

([www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/quiz1-eng.php?\\_ga=2.251401670.1153793587.1512148415-1728330553.1512148415](http://www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/quiz1-eng.php?_ga=2.251401670.1153793587.1512148415-1728330553.1512148415))

### Teacher prompts

Ask students, “What information on a food label is important to them when choosing foods and drinks?”

Food labels contain a lot of information, including a list of ingredients, a nutrition facts table and claims related to the nutritional value, benefits to health, food allergens, etc. “How can all of this information be used to make healthier food choices?”

### Activities

#### Option 1: Think—pair—share

- Briefly introduce food labels and explain the three kinds of information on a label (see **Unlock Food’s labeling video**—[www.unlockfood.ca/en/Videos/Nutrition-Labeling.aspx](http://www.unlockfood.ca/en/Videos/Nutrition-Labeling.aspx)).
- Write the following questions on a chalkboard, smartboard, or flipchart:
  - Why are food labels useful?
  - How can food labels help us make

safe and healthy food and drink choices?

- Have students discuss the answers to the above questions in pairs or small groups.
- Invite pairs or groups to share their thoughts with the class.

### **Option 2: Comparing the options**

- Show examples (hard copies or projected) of a food label for frozen peaches, peaches canned in syrup, and peaches canned in water (see **fresh, frozen and canned—is there really a difference?**— [www.consumeraffairs.com/news04/2012/09/fresh-frozen-and-canned-vegetables-is-there-really-a-difference-in-nutrient-levels.html](http://www.consumeraffairs.com/news04/2012/09/fresh-frozen-and-canned-vegetables-is-there-really-a-difference-in-nutrient-levels.html)).
- Have students choose what they think is the better choice and why.

### **Consolidations**

As a group, reflect on how food labels can be used to make healthier food choices.

### **Curriculum connections**

Grade 5. C2. Making Healthy Choices. C2.1  
Healthy Eating

Explain how to use nutrition facts tables and ingredients on food labels to make healthier personal food choices.

References:

**The Ontario Curriculum, Grades 1-8, Health and Physical Education 2015 Revised.**

Distributed by: