

Grade 5: Looking Through the Label Lens!

What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Junior Grades
- How to read and interpret food labels. Easy-to-understand information is available free from *Healthy Eating is in Store for You (HESY)* at www.healthyeatinginstore.ca.
- For additional information on reading labels, visit www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/interactive/index_e.html and take the interactive label reading tour.

Resources required

- Activity: Looking Through the Label Lens!

Instructions

Option 1:

- Briefly introduce food labels and identify the three kinds of information available on a label. Refer to the HESY fact sheet #1.
- Ask students if they think that vegetables and fruit need food labels. Discuss when and why labels are needed.
- Discuss the different forms vegetables and fruit come in (fresh, canned, frozen, dried). Ask if any of these need labels.

Option 2:

- Activity: Looking Through the Label Lens! Compare labels for orange *drink* and a 100 per cent unsweetened orange *juice*.
- Discuss similarities and differences. Have students identify the better choice and give reasons.

Note: Refer to Section 2.6 *Vegetables and Fruit Busy Box* for hands-on activities with real vegetables and fruit.

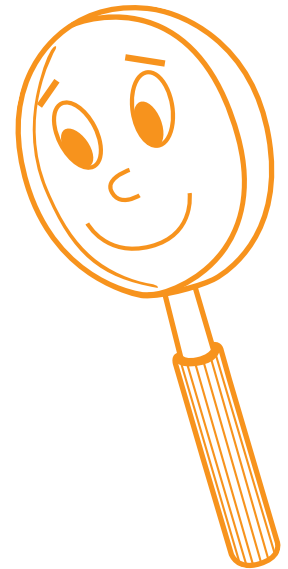
Activity: Looking Through the Label Lens!

Orange 'Drink'

Nutrition Facts	
Per 1 cup (250 ml)	
Amount	% Daily Value
Calories 120	
Fat 0 g	0%
Saturated 0 g + Trans 0 g	0%
Cholesterol 0 mg	
Sodium 190 mg	8%
Carbohydrate 29 g	10%
Fibre 0 g	0%
Sugars 27 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	100%
Calcium	0%
Iron	0%

100% Orange Juice

Nutrition Facts	
Per 4/5 cup (200 ml)	
Amount	% Daily Value
Calories 90	
Fat 0 g	0%
Saturated 0 g + Trans 0 g	0%
Cholesterol 0 mg	
Sodium 20 mg	1%
Carbohydrate 22 g	7%
Fibre 1 g	4%
Sugars 19 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	80%
Calcium	0%
Iron	0%



Orange 'Drink' Ingredients: water, high fructose corn syrup and 2% or less of each of the following: concentrated juices orange, tangerine, apple, lime, grapefruit, citric acid, ascorbic acid (vitamin C), thiamin hydrochloride (vitamin B1), natural flavours, modified cornstarch, canola oil, sodium citrate, cellulose gum, xanthan gum, sodium hexametaphosphate, sodium benzoate. To protect flavour, yellow #5, yellow #6

100% Orange Juice Ingredients: water, concentrated orange juice

Questions:

- What is different? _____
- What is the same? _____
- Which is the better choice? Why? _____

Adapted from Iowa Nutrition Network Pick a better snack and act; November Activity Sheet Grade 2-3, Focus on Fruits.



Paint Your Plate! Create a Masterpiece
Vegetables and Fruit Action Guide for Schools
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