

What's in Your Food?

Program Name

Canton City Schools

Staff Responsible for Lesson

Patricia Dolezal

Date(s) Used	January 20, 2011
Civics Category	II. Civic Participation
Civics Objective	28. Nutrition: Access resources for nutrition education and information related to the purchase and preparation of healthy foods.
Time Frame to Complete Lesson	1 hour over three days
EFL(s)	Level 6
Standard(s)	<u>Read with Understanding</u>
Benchmark(s)	R6.1 Read authentic materials to gain knowledge, R6.2 Use strategies to understand text, R6.3 Use strategies to monitor comprehension of information on unfamiliar topics, R6.5 Draw conclusions, R6.6 Complete a task
Materials	Chapter 4 from <i>Staying Healthy: An English Learner's Guide to Health Care and Healthy Living</i> developed by the Florida Literacy Coalition, Inc. Request copies at: www.floridaliteracy.org/literacy_resources_teacher_tutor_health_literacy.html or download and print from: www.floridaliteracy.org/FLCHLP/files/SE%20Files/CompleteSEBook.pdf . Sample food nutrition labels from a variety of sources "Reading Nutrition Labels" handout with labels
Activities	<ol style="list-style-type: none"> 1. Discuss with students what they already know about nutrition. 2. As a class read chapter 4, discussing each section to make sure Ss understand the information. 3. Bring in several types of boxes, containers, wrappers, etc. with nutrition labels. Explain, using actual food labels, how to interpret the information and help Ss determine which would be the healthiest choice based on what they learned from the reading. Be sure to inform Ss of other words which represent sugar (e.g. high fructose corn syrup, sucrose, lactose, etc.) 4. Pass out the questions and have students use the label sheet to complete them.
Assessment/ Evidence	The teacher will be able to confirm they understood the material when they have completed 80% of the questions correct.
Reflection	Ss had the greatest difficulty with evaluating the cereals because they forgot to check the serving size.

What's in Your Food?

Directions: Based on your reading about nutrition and class discussions, answer the questions below in complete sentences.

1. What kind of fat should people limit? Give an example of a food that contains this kind of fat.
2. Sugar comes in many forms. What are some other words that mean a type of sugar?

For the remaining questions, please refer to the two-sided sheet of food labels.

3. Read the labels for the two cereals. Which cereal is healthier for you? Why?
4. You are diabetic and must watch the amount of sugar you eat. Which products can you eat?
5. Look at the ingredients on the tomato soup label. Which ingredients are unhealthily high?
6. You must make sure your sodium for the day is less than 2400 mg. Which foods would be your safest choices?
7. Which foods offer you the greatest amount of protein?
8. Write three sentences that compare the applesauce and the peaches. *For example, The same size serving of applesauce has more calories than the same size serving of peaches.*

What's in Your Food?

GREEN BEANS

Nutrition Facts	
Serving Size 1/2 cup (120g) Servings Per Container About 3.5	
Amount Per Serving	Calories from Fat 0
Calories 20	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein <1g	
Vitamin A 4%	• Vitamin C 4%
Calcium 2%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: GREEN BEANS, WATER, SALT.
PRODUCT OF CANADA

Tomato CONDENSED SOUP

Nutrition Facts	
Serving Size 1/2 cup (123g) Servings about 2.5	
Amount Per Serving	Calories from Fat 0
Calories 70	% Daily Value*
Total Fat 0g	0%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 740mg	31%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 2g	
Vitamin A 4%	• Vitamin C 50%
Calcium 0%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: WATER, TOMATO PASTE, WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, SUGAR, SALT, SOYBEAN OIL, ASCORBIC ACID (FOR COLOR), CITRIC ACID.

Baked Beans

Nutrition Facts	
Serving Size 1/2 cup (128g) Servings Per Container About 3 1/2	
Amount Per Serving	Calories from Fat 10
Calories 150	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	30%
Sugars 10g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PREPARED BAKED BEANS, WATER, SUGAR, BROWN SUGAR, CORN SYRUP, SALT, FOOD STARCH, MODIFIED BROWN DEXTRIN, SPICE, CARAMEL COLORING, ONION POWDER, GARLIC POWDER, NATURAL FLAVORING, WHEAT HYDROLYZED SOY PROTEIN, NATURAL FLAVORINGS.

REFRIED BEANS

Nutrition Facts	
Serving Size 1/2 Cup (128g) Servings Per Container About 3.5	
Amount Per Serving	Calories from Fat 20
Calories 100	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: COOKED BEANS, WATER, LESS THAN 2% OF LARD, SALT, CHILI PEPPER, INSTILLED MSG, ONION POWDER, GARLIC POWDER, & NATURAL FLAVOR. DISTRIBUTED BY ALDI, INC.

Peaches

Nutrition Facts	
Serving Size 1/2 cup (126g) Servings Per Container about 7	
Amount Per Serving	Calories from Fat 0
Calories 70	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 105mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	3%
Sugars 16g	
Protein 1g	
Vitamin A 6%	• Vitamin C 2%
Calcium 0%	• Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PEACHES, WATER, CORN SYRUP, SUGAR.
DISTRIBUTED BY ALDI, INC.
BATAVIA, IL 60510-1479

Apple Sauce

Nutrition Facts	
Serving Size 1/2 cup (126g) Servings Per Container about 6	
Amount Per Serving	Calories from Fat 0
Calories 90	% Daily Value*
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: APPLES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, ERYTHORBIC ACID (TO MAINTAIN COLOR).

What's in Your Food?



Nutrition Facts

Serving Size 3/4 Cup (31g/1.1 oz.)
Servings per Package About 18

Amount Per Serving	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
	Cereal	Fat Free Milk
Calories	120	160
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 20mg	1%	6%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	3%	3%
Sugars 12g		
Other Carbohydrate 15g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	50%	50%
Riboflavin	50%	60%
Niacin	50%	50%
Vitamin B ₆	50%	50%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

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	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Milled corn, sugar, malt flavoring, high fructose corn syrup, salt, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, reduced iron, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), calcium pantothenate, vitamin A palmitate, folic acid, vitamin B₁₂, BHT (preservative) and vitamin D.

CORN IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

PREPARED BY KELLOGG USA INC.



Nutrition Facts

Serving Size 1-1/4 cup (57g)
Servings Per Container about 8

Amount Per Serving	with 1/2 Cup of Vitamin A&D Fortified Skim Milk	
	Cereal Alone	Fortified Skim Milk
Calories	210	250
Calories from Fat	25	25
	% Daily Value**	
Total Fat 3g*	4%	4%
Saturated Fat 0.5g	3%	3%
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	0%
Sodium 210mg	9%	11%
Potassium 250mg	7%	13%
Total Carbohydrate 43g	14%	16%
Dietary Fiber 6g	23%	23%
Soluble Fiber 2g		
Sugars 9g		
Other Carbohydrate 28g		
Protein 7g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	90%	90%
Vitamin E	10%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	100%	100%
Phosphorus	25%	40%
Magnesium	20%	25%
Zinc	25%	30%

* Amount in Cereal. One half cup skim milk contributes an additional 40 Calories, 65mg Sodium, 200mg Potassium, 6g Total Carbohydrate (6g Sugars), and 4g Protein.

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Oat bran, whole wheat flour, sugar, corn flour, baking soda, calcium carbonate (a source of calcium), salt, caramel color, reduced iron, sodium ascorbate (a vitamin C source), niacinamide*, zinc oxide (a source of zinc), vitamin E acetate, vitamin A palmitate, thiamin mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.

*one of the B vitamins
BHT added to preserve product freshness.