



LIVING CLOSER
FOUNDATION

Label Experts Grade Level 2-3



Connection to The Big Race, Pickles and Skippy the Super Roo Film:

"In the film Skippy and Rex make different food choices and their "choices" affected their energy. Some foods are better for our health and our energy levels than others. Do you remember Rex and Skippy's food choices and how it affected their energy? Today we are going to figure out how to determine what foods and drink choices are better for us and how we know that."

Student Learning Objectives:

I can use the information on nutrition labels to make healthy food and drink choices.

I can determine how much sugar is in foods and drinks using nutrition labels.

I know that food that does not have a label or added sugar and comes from nature is generally best for me.

Approximate Time To Complete:

30-40 minutes

Materials:

- Label Experts Worksheet - 1 per students (see below)
- Nutrition Labels - 1 per student (see below)
- Sticky Notes

Content Areas Addressed: **Math**

Applicable Colorado State Standards:

2nd Grade Mathematics Standard 1:

Use place value to read, write, count, compare and represent numbers.

3rd Grade Mathematics Standard 1:

Represent and solve problems involving multiplication and division.

Procedure:

1. Read the Connection section of this lesson to the students.
2. Ask students to think about how they usually choose what snacks and foods they eat. (*Do they look at the packaging, are their friends eating it, do they see a commercial for the foods, is it what their parent's give them etc.*)
3. Allow time for students to share as a class.

4. Tell students about a time when you have chosen a food because you *wanted* it. Explain that people make choices all the time because they want something. Ask students how to make better choices about foods. *We are trying to get students to understand that all packaged foods and drinks have nutrition labels to help them make good choices. All unpackaged foods that come from nature are generally the best for them but today we are going to focus on packaged food.*
5. Show students the display nutrition label for a Frosted Cherry Poptart (see below).
6. Ask students if they have ever seen this part of the food packaging before?
7. Ask students to share some things they observe about the label. *We are trying to get students to understand what information a nutrition label provides and what its purpose is.*
8. Now, let's focus on the amount of SUGAR and the SERVING SIZE. Have students determine how much sugar is in one pop tart (Note that serving size is one pop tart) then have students determine how much total sugar would be in the entire package of pop tarts. (Note that there are 2 in each package).
9. Allow time for students to find answers and also to share solutions as a class. *The answer is 17g of sugar in one pop tart so they would need to double 17g to get 34g of sugar in both pop tarts.*
10. Hand out Nutrition Labels and Label Expert Worksheet to students. Explain to the class that they will be looking at 7 different food labels for popular packaged foods and drinks. They will need to determine how much sugar is in each food or drink. Then they will need to answer different questions about the foods or drinks on their worksheet.
11. Do the first problem with the class together.
12. Allow time for students to complete the remaining problems either alone or in partners.
13. Go over the worksheet with students as a class.
14. Before wrapping up the lesson, call for student attention. Let students know that according to the World Health Organization and the American Heart Association that children, to be healthy, should have no more than 24g of sugar a DAY! Share that some of the foods had WAY more than 24g! Close the lesson by asking students to reflect on a sticky note. Have them write down 3 things they learned, 2 things that surprised them, and 1 thing they are still wondering about.
15. Collect sticky notes.

Optional Next Steps & Resources:

We spoke about how kids are only supposed to have 24g of added sugar a day. If they had 2 pop tarts, how many grams of sugar did they go over their daily limit? For example: 2 Pop Tarts $17g + 17g = 34g$. $34g - 24g = 10g$ of added sugar over the daily limit.

If you are only supposed to have 24grams of sugar a day, how do you start making healthy choices? *We want students to understand that sugary foods should be seen as a treat and not a primary part of their food intake.* What "choices" can they make to lower the amount of sugar they are eating on a regular basis? Have them think of various sugary foods they could eat in a single day. Get them to add up the amount of sugar and then subtract some foods they could save for another day making a healthy choice.

4 grams of sugar = 1 tsp = 1 sugar cube.

Encourage students to read labels at home!!!



Nutrition Facts	
Serving Size	1 Pastry (52g)
Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber less than 1g	3%
Sugars 17g	
Protein 2g	
Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 10%	
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₆ (THIAMIN MONONITRATE), VITAMIN B ₂ (RIBOFLAVIN), FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED CHERRIES, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, GELATIN, CARAMEL COLOR, MODIFIED WHEAT STARCH, XANTHAN GUM, SOY LECITHIN, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, NATURAL FLAVOR, RED 40 LAKE, VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), YELLOW 6, CARNAUBA WAX, VITAMIN B ₂ (RIBOFLAVIN), VITAMIN B ₁ (THIAMIN HYDROCHLORIDE), CONFECTIONER'S GLAZE, BLUE 1.	
CONTAINS WHEAT AND SOY INGREDIENTS.	



Nutrition Facts	
Serving Size	1 tube (64g)
Servings Per Carton 8	
Amount Per Serving	
Calories 60	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 30mg	1%
Potassium 90mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 2g	4%
Vitamin A 8% • Vitamin C 0%	
Calcium 10% • Iron 0%	
Vitamin D 10% • Riboflavin 4%	
Phosphorus 6%	
*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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Nutrition Facts	
Serving Size	1 Container
Calories 110	Fat Cal 20
Total Fat 2.5g	4%
Sat. Fat 1.5g	8%
Trans Fat 0g	
Cholest. 10mg	4%
Sodium 130mg	5%
Potassium 400mg	12%
Total Carb. 13g	4%
Sugars 12g	
Protein 8g	
Vitamin A 10% • Vitamin C 4% • Calcium 30%	
Iron 0% • Vitamin D 25%	

INGREDIENTS: LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D₃.
DISTRIBUTED BY: DEAN FOODS COMPANY
 DALLAS, TEXAS 75204
 www.dairypure.com
 1% MILKFAT
 COMMENTS? 1-800-395-7004
 GRADE A • PASTEURIZED • HOMOGENIZED
 PLANT # STAMPED ABOVE • KEEP REFRIGERATED



INGREDIENTS: Whole Corn, Sunflower Oil, Whole Wheat, Whole Oat Flour, Rice Flour, Sugar, Corn Bran, Tomato Powder, Salt, Natural Flavors, Maltodextrin (Made From Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Corn Sugar, Buttermilk, Onion Powder, Whey, Yeast Extract, Romano Cheese (Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Corn Oil, Spices (Including Jalapeño Pepper), Citric Acid, Paprika Extracts, and Lactic Acid.
CONTAINS WHEAT AND MILK INGREDIENTS.

Nutrition Facts	
Serving Size	1 oz. (28g/About 15 chips)
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 70mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
Vitamin E 6% • Thiamin 2%	
Riboflavin 2% • Niacin 3%	
Vitamin B ₆ 4% • Phosphorus 6%	
Magnesium 4% • Zinc 2%	
*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	



Nutrition Facts	
Serving Size	1 Container
Calories 130	Fat Cal 0
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 5mg	2%
Sodium 200mg	8%
Potassium 440mg	12%
Total Carb. 24g	8%
Sugars 22g	
Protein 8g	16%
Vitamin A 10% • Vitamin C 2% • Calcium 30%	
Iron 2% • Vitamin D 25% • Riboflavin 20%	
Folate 2% • Vitamin B ₁₂ 15% • Phosphorus 25%	

INGREDIENTS: NONFAT MILK, SUGAR, CONTAINS LESS THAN 1% OF: COCOA (PROCESSED WITH ALKALI), CORNSTARCH, SALT, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D₃.
DISTRIBUTED BY: DEAN FOODS COMPANY,
 DALLAS, TEXAS 75204
 COMMENTS? 1-800-395-7004 SHAKE WELL
 GRADE A • PASTEURIZED • HOMOGENIZED
 PLANT # STAMPED ABOVE • KEEP REFRIGERATED



CONTAINS NO JUICE
CAFFEINE FREE • LOW SODIUM

Nutrition Facts
 Serving Size: 1 Can
 Servings Per Container: 18

Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Sugars 38g	
Protein	0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

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

FILTERED CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).



Nutrition Facts
 Serving Size 3 cookies (34g)
 Servings Per Container about 4.5

Amount Per Serving	
Calories	160 Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g 10%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Potassium 55mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber Less than 1g 3%	
Sugars 14g	
Protein	1g

Vitamin A 0% • Vitamin C 0%
 Calcium 0% • Iron 8%

* 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

Name _____

Date _____

Label Experts Worksheet

Use the Nutrition Labels to help you answer the following questions. Remember to pay close attention to the serving sizes while you work!

1. What is the serving size of Sun Chips? _____ chips
2. How many grams of sugar are in 3 servings of Sun Chips? _____ grams
3. What is the serving size of Oreos? _____ cookies
4. How many grams of sugar are in 2 servings of Oreos? _____ grams
5. How many grams of sugar are in the container of 1% Lowfat Milk? _____ grams
6. How many grams of sugar are in the container of Chocolate Fat Free Milk? _____ grams
7. How many grams of sugar are in the container of Sprite? _____ grams
8. How many grams of sugar are in 1 serving of GoGurt? _____ grams
9. Which drink is a better choice, Sprite, 1% Lowfat Milk, Chocolate Fat Free Milk? Explain Why?

_____ is a better choice because _____

10. Which food or drink has the lowest amount of sugar in 1 serving? _____

11. Put the foods / drinks in order from the least sugar to the greatest sugar in 1 serving using the lines below.

Least sugar

Greatest sugar