

Food Labels

7th grade Health

Objectives:

- Students will become familiar with Food labels
- Students will compare food labels to determine nutrition of product
- Students will participate in Food Label Scavenger hunt
- Student discuss the effects of sugar after watching a youtube video

Materials:

- 1) Text book
- 2) Computer and projector for video
- 3) Handouts (worksheets)
- 4) Food labels - enough for each student to have two (they will share)

Procedures:

- 1) When students enter the classroom a warm up will be posted. They will answer in complete sentences. **“Warm-up:** What information might you get from a nutrition facts panel (food label)”
- 2) Whole class will discuss warm up together
- 3) Students will read from the text with a table partner Lesson 2.
- 4) Students will then complete the handout “Healthy Habit: Read Food Labels” with table partner
- 5) As a class we will discuss the sometimes food we read about earlier - Foods with added sugar.
- 6) Students will watch the youtube video - “What if you stopped eating sugar for one week” Students will take notes as needed during video.
- 7) Table groups will discuss what stood out to them the most from the video and what they could do about it?
- 8) Students will be given food labels and will work with table group to complete their scavenger hunt paper. Once they have completed the assignment, they will write a reflection on what they learned. What stood out? What does this mean for their eating habits? How can they determine if a food is healthy?

