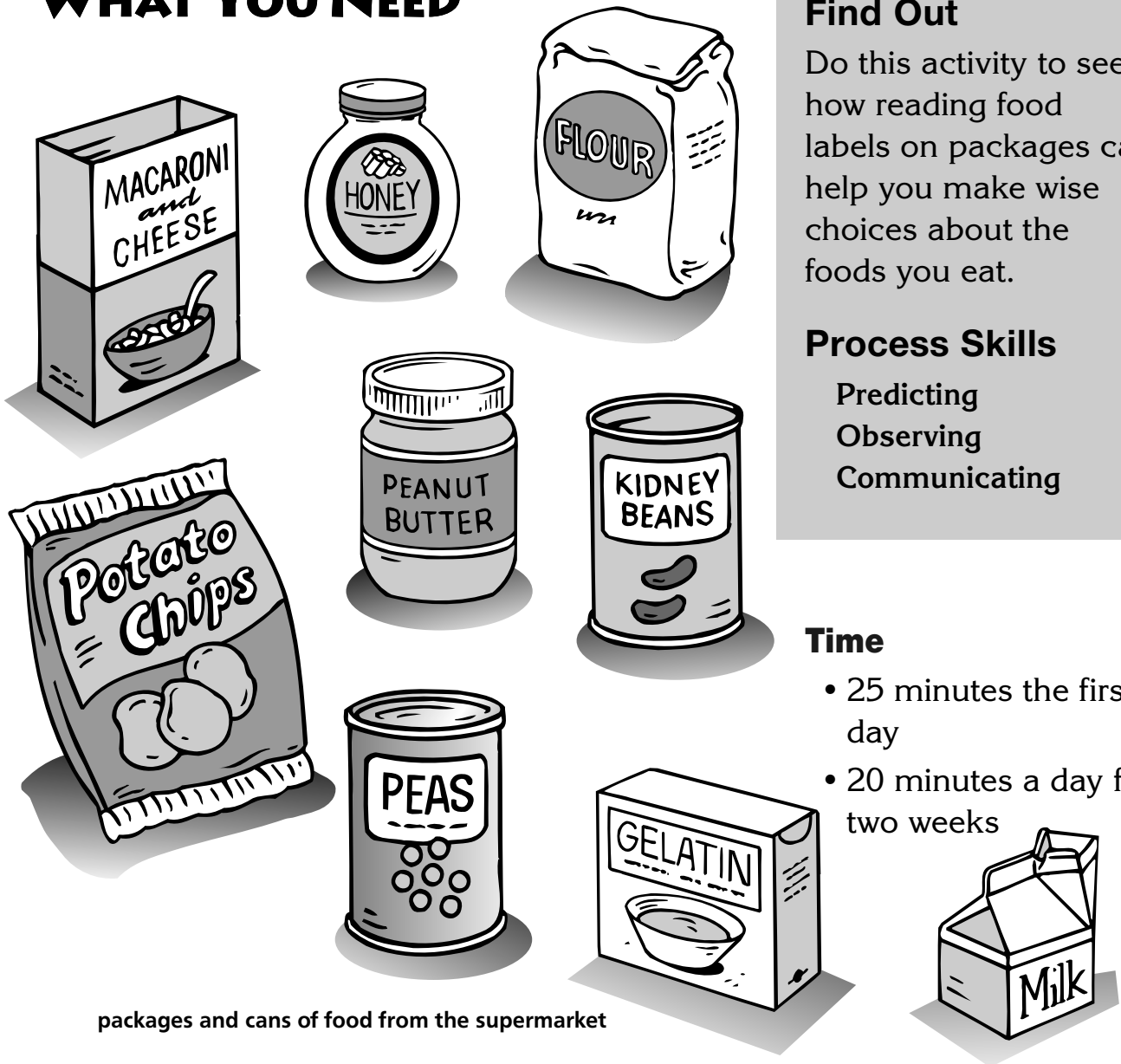


# Choosing Healthful Foods

## WHAT YOU NEED



packages and cans of food from the supermarket

### Find Out

Do this activity to see how reading food labels on packages can help you make wise choices about the foods you eat.

### Process Skills

- Predicting
- Observing
- Communicating

### Time

- 25 minutes the first day
- 20 minutes a day for two weeks



## WHAT TO DO

1. Set up a ten-page *Nutrition Journal*. Use one chart for each school day for two weeks.
2. Bring one package or can of food you like to school each day. **Write** the name of the food on your *Nutrition Journal* page.
3. Without looking at the label, **predict** what nutrients the food has in it to help your body grow strong.
4. **Observe** the information on the “Nutrition Facts” label.
5. **Record** the food value per serving in your *Nutrition Journal*.
6. **Record** whether or not your prediction was correct and what you learned from the label.

## Nutrition Journal

**Date:**

**Name of Food:**

**Nutrition Prediction:**

**% of Daily Value per Serving**

**Carbohydrates:**

**Proteins:**

**Vitamins (list them):**

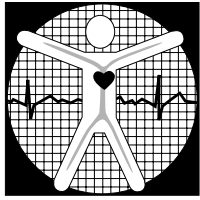
**Calcium:**

**Was your prediction correct?**

**What did you learn about the food's value?**



Name \_\_\_\_\_



# ACTIVITY

## Reading Food Labels

**Write** the name of each food on the chart. **Observe** each of the foods, reading the labels on their packaging.

**Record** the total fat grams per serving for each food in the second column in the chart.

Compare fat gram contents per serving for each food. Which foods have the highest fat content per serving?

**Record** your observations in the third column in the chart.

<b>Name of Food</b>	<b>Fat Grams per Serving</b>	<b>Observation</b>

## **Activity Journal**

### **Lesson 1 • Nutrients in the Basic Food Groups**

Name \_\_\_\_\_

## **Conclusions**

① Which types of foods contained large amounts of fat?

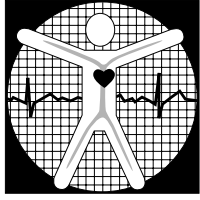
② What else did you see on the Nutrition Facts labels?

## **Asking New Questions**

① How else could you find out which foods contain large amounts of fat?

② Why is it important to learn to read nutrition labels?

Name \_\_\_\_\_



# ACTIVITY

## Finding Water in Fruits

### Hypothesis 1

What makes the fruit slices look and feel wet?

How many paper clips did you use for each slice of fruit?

**Write** the name of the fruit and the number of paper clips in the chart.

<b>Name of Fruit</b>	<b>How Many Paper Clips: First Weighing</b>	<b>How Many Paper Clips: Second Weighing</b>

### Hypothesis 2

How will the fruit slice change?

Weigh each slice of fruit a second time. **Record** the number of paper clips in the chart.

## **Activity Journal**

### **Lesson 2 • The Benefits of Good Nutrition**

Name \_\_\_\_\_

## **Conclusions**

- ① Compare your prediction with your observation.
  
- ② How did the fruit slices change?
  
- ③ What was removed from the fruit slices? How do you think it was removed?
  
- ④ Were your first and second measurements the same or different?

## **Asking New Questions**

- ① Raisins are dried grapes. How could you make raisins?