References:

- 2003-04 Columbus Public Schools Science SLC Guide

Benchmarks:

SLC 19: Analyze and/or evaluate various nutritional plans for humans.

Objectives:

Students will plan nutritional meals by using the USDA’s Food Guide Pyramid and will analyze food labels to aid in this planning.

Materials:

- Food labels, lots and lots of packaged food labels.

Initial Demonstration:

Hold up the package for two similar food items [e.g. two vastly different types of cereal, diet/regular soda, etc.] Ask to the students are these the same? Are they same nutritionally? How can we tell?

Hand the packages to a few students and ask them if they can tell whether or not they are the same or different and how we might be able to tell. [look at the label you dumb kid!!!!]

Target Observations:

- Food labels contain information about the nutrients inside of a food.

Target Model:

- Not all foods are the same. By reading the food labels we can learn something about the foods that we are eating.

Procedure:

Sort through a pile of food labels to identify foods that are healthy and not-as-healthy. Not all foods are completely healthy or unhealthy. Some foods will give you
both good things that you want and some bad things that you do not want [e.g. eggs give you protein and also give you cholesterol]

What are the things in a food label that are good and what are the things that are bad? Calories, Total Fat, Saturated, Unsaturated, Sodium, Carbs, Sugars, Protein, Nutrients [vitamins and minerals].

Use the labels to plan out a days worth of meals to make a healthy and balanced days diet. Tell the students to make sure that none of the “% recommended” negative alerts exceeds 100%. The students should also try to make sure that they get as close to 100% of the “good stuff” as possible and also try to be as close to 2K C as they can as well.

Have each member of the group create a “menu” of the foods that they would eat to have a balanced diet for that day. Talk about whether or not the students proposed diets are balanced. It is hard to balance all of the things that are necessary for a balanced diet. Add to that the fact that the students all live different lifestyles, and you can quickly see why it is so hard so eat right.

**Target Observations:**

- Some foods have lots of nutrients, but other things that are not so healthy for us.
- Food labels list the nutrients inside the food.

**Target Revised Model:**

- By reading the labels on foods we can mix and match foods to create a balanced diet.

**Summary:**

In order to live healthy, a proper diet is necessary. The proper amounts of nutrients should be eaten every day. We can find out how many nutrients we are taking in by looking at the food label information on the food we buy.