

Children's Connection Curriculum

Session Topic: Reading Nutrition Labels

Developmental Level: Elementary School and Middle School

Purpose: To increase awareness from Nutrition Labels and encourage students to make healthy food choices.

Materials Needed: Worksheets**SEE FOLDER (0a.)IN CURRICULUM** "Learn to Read Food Labels", "Sample Food Labels", and "3 steps in Using a Food Label"

Description of Session: This could be completed during a food group or just as a regular session. Have students complete the worksheet "Learn to read food Labels" with the samples provided on the "Sample Food Labels" or bring in two items to compare labels. Utilize the "3 steps in Using the Food Label" worksheet to help teach about Nutrition Labels and what to look for in healthy foods.

Discussion Questions: Ask students what they know about Nutrition Labels and explain the different things on the labels. Compare the two labels and talk about the healthy food items to choose and why.

Resource: www.chefsolus.com also available in Spanish