



# Reading Nutrition Facts Labels: Fats

## Overview:

Students will learn how to read a Nutrition Facts label and how to determine if there is a healthy amount of calories and fat in a packaged food.

## Objectives:

At the end of the lesson students will be able to:

-  **Identify** where the nutrient groups are listed on a nutrition label.
-  **Compare** nutrition labels to determine which food item is higher in which nutrients.
-  **Differentiate** between unsaturated, saturated, and trans fats.
-  **Determine** if an item has a healthy or unhealthy amount of calories and fat.
-  **Contrast** nutritional value between whole foods and processed foods.

## Vocabulary:

- |   |   |
|---|---|
|  calorie         |  Nutrition     |
|  whole food      |  Facts label   |
|  trans fat       |  Percent Daily |
|  saturated fat   |  Value         |
|  unsaturated fat |  processed     |
|  FDA             |  food          |

## Learning Activities:

1. Warm-Up (5 min.)
  - A. Ask students to recall the six essential nutrients. (water, carbohydrates, protein, fat, vitamins, minerals)
  - B. Ask students to recall why these six items are essential. (They are necessary for the body to grow and function properly.)
2. Presentation (15 min.)

## Materials:

-  A potato
-  A bag of potato chips
-  Highlighters for each student
-  Handout 1: “Reading Nutrition Facts Labels”
-  Handout 2: “How Healthy is My Potato?”

## On the Board:

-  Vocabulary
-  Student Reflection Questions

## Other Resources:

-  To calculate an individual’s recommended daily calorie intake: <https://www.choosemyplate.gov/MyPlatePlan>

## Suggested Snack:

-  Roasted potatoes with olive oil and herbs

- A. Ask students to volunteer what information they know about fats.
  - B. Tell students that usually you hear that fats, oils, and sugars are to be avoided and only eaten in very limited amounts. But in the last lessons, we learned that fats and sugars (carbohydrates) are essential to the human body.
    - Ask students: Why would we be told to avoid something that is essential for our bodies to be healthy?
    - Tell students that there are good fats and bad fats. Good fats occur naturally in many foods, like avocados, olive oil, and nuts. These fats are known as *unsaturated fats*. “Bad fats,” known as saturated or trans fats, often occur when a food has been processed. Sometimes, a whole food will contain *saturated fat*. These fats can be beneficial to us as well, but in much smaller quantities than unsaturated fats. This distinction is tricky, and even scientists have had trouble determining what is good for us to eat.
  - C. Ask students to define *processed food*: food that has been altered in some way before it is consumed. This can mean cooking, canning, freezing, etc. which can all be perfectly healthy techniques for preparing or preserving food. Show students a fresh potato and a bag of potato chips. Tell students that the potato is a “whole food,” or a food that has not been processed. The potato chips, however, are a processed food, as they have been cooked, preserved, and packaged. Just because the chips are processed does not necessarily mean they are unhealthy. But in order to find out, we need to look a little more closely at them.
  - D. In our current culture, processed food is usually associated with unhealthy foods. This is because many companies that process food items use techniques that make foods less healthy than in their “whole” form. These techniques include adding artificial ingredients to make food taste sweeter, saltier, or more “satisfying.” This can be done by adding high fructose corn syrup or other sweeteners, adding excessive salt, and cooking food in unhealthful kinds of fats.
  - E. Ask students: How do we determine if processed foods are healthy or unhealthy? (by reading the Nutrition Facts)
3. Activity: Reading a Nutrition Label (25 min.)
    - A. Tell students that any food that has been processed with the intention of being sold on a large scale in the US, is required by law to have a nutrition label. A government agency, the *Food and Drug Administration* (FDA), is responsible for enforcing these laws.
    - B. Distribute Handout 1: “Reading Nutrition Facts Labels.”
      - Have students look at the handout and identify where (if at all) each of the six essential nutrients is listed on the Nutrition Facts label.

- Ask students: Why do you think water is not on the label? (Most processed foods do not have a significant amount of water. It is important to drink water to stay hydrated and not rely only on foods to get all you need.)
  - Ask students to define *calorie*: a unit of measurement that measures energy. Our bodies need a certain amount of energy every day to function. Tell students that girls and boys their age need about 1,800-2,200 calories per day, depending on their activity level, for their bodies to function properly.
  - Ask students: What factors might contribute to different people needing different amounts of energy everyday to stay healthy? (age, gender, and activity level)
  - Tell students that getting enough calories is important for healthy development, but that eating *too many* calories can lead to diseases like diabetes, obesity, heart disease, and even some cancers.
  - Tell students that most nutrients are measured in grams and then also represented as “*Percent Daily Value*,” or the amount of a nutrient in a food item compared to how much of the nutrient you should consume in one day. (This shows how much of the nutrient is in a particular food based on how much of it you should have in one day.)
  - Nutrition Facts are based on a 2,000 calorie a day diet, so they are just a general guide. Every person’s daily needs are different.
  - Ask students: Which nutrient groups provide significant sources of calories/energy? (protein, carbohydrate, and fat)
- C. Distribute Handout 2: “How Healthy is My Potato?”
- Have students work in pairs to complete the handout.
  - Ask students to summarize their findings.
- D. Tell students that for the next lesson they will continue to analyze Nutrition Facts Labels and will discuss sugar and serving sizes.
4. Snack: Serve potatoes roasted with olive oil and herbs to show students that potatoes can still taste great without too many added ingredients or processing. (5 min.)
5. Have students answer the Reflection Questions in their garden journals. (5 min.)

### Student Reflection Questions:

1. What surprised you most about the information in the Nutrition Labels for the different potato products?
2. After this lesson, use this website to see how many calories you should be consuming everyday: <https://www.choosemyplate.gov/MyPlatePlan>

### Assessment Questions:

1. What is a calorie?
  - A. a unit of energy measurement
  - B. an essential nutrient
  - C. a suggested serving size
2. Which nutrient is not found on the Nutrition Facts Label?
  - A. vitamins
  - B. minerals
  - C. water
3. Which of the following is NOT a food processing technique?
  - A. cooking
  - B. pickling
  - C. canning
  - D. harvesting from the garden

### Standards:

#### Common Core State Standards

##### Key Ideas and Details:

- CCSS.ELA-LITERACY.RI.6.1

Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

##### Craft and Structure:

- CCSS.ELA-LITERACY.RST.6-8.4

Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6-8 texts and topics.

### Acknowledgements:

*Nutrition Label Comparison*. Super Kids Nutrition. [http://www.superkidsnutrition.com/PDF/activities/Nutrition\\_Label\\_Reading5to7.pdf](http://www.superkidsnutrition.com/PDF/activities/Nutrition_Label_Reading5to7.pdf)



# Reading Nutrition Facts Labels

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

*Highlight or note where each of the nutrient groups are listed on this food label.*

*Which nutrient group is missing? \_\_\_\_\_*

<b>Nutrition Facts</b>			
Serving Size 1 large serving 154g (154 g)			
<b>Amount Per Serving</b>			
<b>Calories</b> 487		Calories from Fat 223	
% Daily Value*			
<b>Total Fat</b> 25g			38%
Saturated Fat 3g			16%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 350mg			15%
<b>Total Carbohydrate</b> 60g			20%
Dietary Fiber 6g			26%
Sugars 0g			
<b>Protein</b> 6g			
Vitamin A	0%	Vitamin C	19%
Calcium	3%	Iron	7%
*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
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
© www.NutritionData.com			



# How Healthy is My Potato?

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Analyze the following Nutrition Facts labels. Find the listed amount of calories, total grams of fat, grams of saturated fat, and percent daily value of vitamin C. Then, answer the questions on the back of this page.

Calories: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Vitamin C: \_\_\_\_\_

Baked Potato

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Potassium</b> 720mg	21%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 6%	
Thiamin 8% • Riboflavin 2%	
Niacin 8% • Vitamin B <sub>6</sub> 10%	
Folate 6% • Phosphorus 6%	
Zinc 2% • Magnesium 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

French Fries

Nutrition Facts	
Serving Size 1 medium order 147g (147 g)	
Amount Per Serving	
<b>Calories</b> 453	Calories from Fat 193
% Daily Value*	
<b>Total Fat</b> 22g	33%
Saturated Fat 4g	19%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 57g	19%
Dietary Fiber 5g	21%
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 0% • Vitamin C 30%	
Calcium 1% • Iron 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: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Vitamin C: \_\_\_\_\_

Hash Brown Patties

Nutrition Facts	
Serving Size 1 Pattie (About 64g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	10%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 2%	
Calcium 0% • Iron 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:	

Potato Chips

Nutrition Facts	
Serving Size 1 oz.	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Potassium</b> 340mg	10%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 10%	
Calcium 0% • Iron 0%	
Vitamin E 6% • Thiamin 2%	
Niacin 4% • Vitamin B <sub>6</sub> 6%	
Phosphorus 4%	
*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: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Vitamin C: \_\_\_\_\_

Calories: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Vitamin C: \_\_\_\_\_

1. Compare the **Calories** of the different types of potato products. Rank them from least to most.

1.

2.

3.

4.

2. Compare the **Total Fat** for the different types of potato products. Rank them lowest to highest.

1.

2.

3.

4.

3. Compare the **Saturated Fat** of the different types of potato products. Rank them lowest to highest.

1.

2.

3.

4.

4. Compare the **Vitamin C** of the different types of potato products. Rank them lowest to highest.

1.

2.

3.

4.

5. Based on the information you have recorded, which is the healthiest item to eat and why?