



Grade 5 Sample Lesson Plan: Interpreting Food Labels

Objectives/Goals

- The student will examine the concepts of eating in moderation and energy balance.
- The student will determine healthy foods and beverages for breakfast and lunch.
- The student will interpret information on food labels.
- The student will identify connections between nutritional guidelines and weight management

Materials

- PowerPoint: 5th Grade All About Nutrition and Interpreting Food Labels
- Worksheet: Eat This, Not That

Steps

- Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will introduce the topic of nutrition, weight management, and interpreting food labels with a What Should I Do scenario. Allow students to respond.
- Slide 3: Discuss the concept of calories in vs. calories burned.
- Slide 4: Discuss the importance of eating in moderation and allow students to choose which meal is in moderation.
- Slide 5: Read What Should I do together as a class. Allow students to share their answers and discuss the difficulty of eating within moderation at times.
- Slide 6: Watch the video clip on portion size and moderation. Discuss questions after watching the video clip.
- Slide 7: Allow students to look at the pictures and discuss how they would change the portion size to eat within moderation for a 5th graders who does not exercise.
- Slide 8: Introduce the topic of interpreting food labels.

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- Slide 9: Click on the link to view the recent changes within the food label.
- Discuss what changes they see.
- Slide 10: Discuss calories and where to find them on the food label.
- Slide 11: Allow students to look at the two nutrition labels and compare calories.
- Slide 12: Introduce the next topic on the food label to examine (sugar). Watch the video clip to learn more about sugar.
- Slide 13: Read What Should I Do as a class. Allow students to share their answers and thoughts on sugar.
- Slide 14: Discuss sugar, different foods containing sugar, and where to find sugar grams on the food label. Allow students to share their responses to the question.
- Slide 15: Introduce the next topic on the food label (saturated fat and trans fat).
- Slide 16: Discuss saturated fat and trans fat, different foods containing bad fats, and where to find them on the food label. Allow students to share their responses to the question.
- Slide 17: Discuss sodium, different foods containing sodium, and where to find sodium on the food label. Allow students to share their responses to the question.
- Slide 18: Discuss the importance of vitamins and minerals and where to find them on the food label. Allow students to share their responses to the questions.
- Slide 19: Summarize the importance of eating healthy today and developing healthy eating habits. Allow students to share their responses to the questions.
- Pass out the worksheet: Eat This, Not That. Instruct students to do research to determine healthy and unhealthy breakfast and lunch food and drink options at restaurants. Students will interpret the food labels to determine the health value of the food and drink options.
- Slide 20: End class with a classroom energizer.

References

- Mary McCarley, 2018

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Eat This, Not That

Directions: Research the nutrition facts of foods at restaurants. First, choose a restaurant that serves breakfast. Review the nutrition facts and find one unhealthy breakfast option and one healthier option to eat based on the nutrition facts. Also, compare a unhealthy and healthy drink option. On page 2, compare two foods and two drinks at a restaurant that serves lunch. Be sure to justify why the food and drink are healthy or unhealthy based on the nutrition facts.

Breakfast

<p style="text-align: center;">EAT THIS (Healthy Option)</p> <p>Why? _____ _____</p>	<p style="text-align: center;">NOT THAT (Unhealthy Option)</p> <p>Why? _____ _____</p>
<p style="text-align: center;">DRINK THIS (Healthy Option)</p> <p>Why? _____ _____</p>	<p style="text-align: center;">NOT THAT (Unhealthy Option)</p> <p>Why? _____ _____</p>

Lunch

<p>EAT THIS (Healthy Option)</p> <p>Why? _____ _____</p>	<p>NOT THAT (Unhealthy Option)</p> <p>Why? _____ _____</p>
<p>DRINK THIS (Healthy Option)</p> <p>Why? _____ _____</p>	<p>NOT THAT (Unhealthy Option)</p> <p>Why? _____ _____</p>