

Skill

WHAT'S THE **SKILL**?

reading labels

BRAINSTORM
CONTEXTS:

medicine labels; food labels; clothes' labels; mailing labels; warning labels (cleaning products, appliances)

CHOOSE
A **CONTEXT:**

food labels

WHAT'S THE **PURPOSE**?

to know what you are putting in your body; nutritional content; allergies; etc.

Understanding Purpose

VOCABULARY:

label; ingredients; nutrition facts; serving size; percent; gram; calories; fat; cholesterol; etc.

MODEL:

sample label:

Nutrition Facts	
Serving Size 1 can (8 fl oz)	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol <5mg	<2%
Sodium 200mg	8%
Potassium 370mg	11%
Total Carbohydrate 40g	13%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 9g	18%
Vitamin A 25% • Vitamin C 50% • Calcium 30% • Iron 25%	
<small>*Percent Daily Values based on a 2,000 Calorie diet.</small>	

QUESTIONS:

- *Why do foods have labels?*
- *Who reads labels?*
- *What information is on food labels?*
- *Do you look at food labels when you go shopping?*

**Practice
in-class**

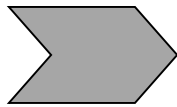
NOTES:

INSTRUCTIONS: [distribute cans of soup to pairs]

Look at the label on the soup can. Please answer these questions:

- *How much fat is in the soup?*
- *Does the soup have a lot of sugar?*
- *Are there any vitamins in the soup?*
- *Is the soup healthy?*
- *Is there anything surprising about the soup's ingredients?*
- *etc.*

FEEDBACK:



**Out-of-class
practice**

INSTRUCTIONS:

At your house, find three different foods with labels. Look at the labels and answer these questions: Which food is the best/worst to eat if you want to lose weight? How do you know? Which food is the sweetest? etc. Please bring the foods with you to our next class.

**Reflection and
Talking**

QUESTIONS—PAIRS/SMALL GROUPS

Pairs show each other the foods they brought to class; pairs ask and answer the out-of-class practice questions: which food is the best to eat if you want to lose weight? etc. Pairs compare labels: do the labels show the same kinds of information?

**LARGE GROUP
DISCUSSION
QUESTIONS:**

What did we learn about labels? What do you still want to know? Do you think labels are important? Why? What other things have labels besides food?