

Name _____

Class _____

Date _____

Chapter 19 Nutrition and Digestion

Use after Section 19-2.

Food Labels

Purpose: To examine the nutrition information found on food labels.

Materials: Labels from 5 packaged foods

Procedure and Observations

Complete the table below using the information on nutrition from the labels of 5 packaged foods.

Information on label	Food item				
Serving size					
Grams of protein per serving					
Grams of carbohydrates per serving					
Grams of fat per serving					
Number of vitamins					
Number of minerals					
Preservatives (yes or no)					
Artificial flavors or colors (yes or no)					

Analysis and Conclusions

- Which food on your chart has the most nutritional value? Explain. _____

- Did any one of the packaged foods supply a completely balanced diet? Explain. _____

- What new information have you learned about the packaged foods you eat? _____

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Food Labels For Information:

Overview: Most of the food that people in the U.S. eat today is obtained from the local grocery store in attractive convenient packaging. The attractive packaging can often mislead or confuse the consumer as to the true nutritive value of the contents found within.

Purpose: Students need to be aware of the nutritional value of the food products they consume to enable them to make healthy and intelligent dietary choices for the rest of their lives.

Objectives: Students should:

1. Be aware of all the nutritional information found on food labels
2. Be familiar with the basic dietary needs of the human body
3. Understand that food companies want their product to sell and package and label their product to attract the consumer.
4. Be able to calculate amounts of nutrients per serving
5. Be able to calculate total amounts of nutrients for the entire package

Procedure:

1. Each student should have at least five food labels
2. Read thoroughly all information given on packaging, write down the information necessary to fill in the chart.
3. Use this information and the book to answer the questions.

Questions:

1. Determine the total amount of grams of carbohydrates, protein and fat that are in the whole package for each of the labels that you have.
2. Examine your labels for labeling techniques meant to attract the consumer. Classify these into categories such as good taste, low cost, convenience, healthy, etc. Under the health category, determine which health factor is being considered (low calories, no cholesterol, fiber, no preservatives, low fat, etc.)
3. How many servings are required of each food group per day in order to be healthy?
4. Explain why processed foods are not good for a healthy diet.
5. Why do people who eat nothing but fast food tend to put on weight?