



Find the Clues: A Lesson Plan for Elementary School Be a Food Detective!

Overview

Students will explore food and nutrition and answer specific questions about prepared food products by referring to the information on package food labels.

Objectives:

Students will be able to:

- Identify where to find facts on a food label
- Use a food label to analyze if a nutrition claim on a label is supported by facts on the food label

Materials:

1. Overhead projector
2. A collection of food labels and/or have students bring some to class
3. Food Label Comparisons chart (on the back of this sheet)

Method:

1. Use an overhead projector to display a label and talk about the Nutrition Facts paying attention to the various sections. Go through the Food Label Comparisons chart as a class, using this food label as the “example” column.
2. Break the class into small groups of 2-3.
3. Distribute labels and Food Label Comparisons chart to each student.
4. Have the students choose a label to use for column 1 of the chart. Each group of students will answer the 8 questions on the chart for that label. Students can discuss if any specific claims were made on the label and if the nutrition “facts” back up the claim.
5. Depending on time, students can fill out up to column 4 on the chart.
6. As an added activity, after the charts are filled out, have students from one group secretly choose one of their food labels. Have one student read the answers to questions 1-8 on their chart to the class and have the class try to guess which food label the group chose.

Maine Learning Results Links: (Grades 3-5)

Health Concepts, B1: *Identify characteristics of valid health information and products, and services that promote health.*

Science and Technology, K4: *Use various types of evidence (e.g., logical, quantitative) to support a claim.*

