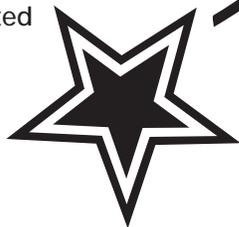


Adventures in learning, created
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Students explore how food labels give us important information for healthy eating.

Learning Expectations:

1. Understand that different types of food are needed for good health.
2. Know that foods are classified into four food groups.
3. Identify the food groups and give examples of foods in each group.
4. Recognize that food packaging gives us important information for healthy eating.

Subject Links: Health, Language, Art,
Physical Education

Materials & Resources:

- ☆ A variety of empty food packages (choose a few different foods from each of the four food groups in *Canada's Food Guide*)
- ☆ 4 large sheets of Bristol board (one of each - green, yellow, blue and red)
- ☆ Masking tape
- ☆ Marker
- ☆ 1 large piece of cardboard
- ☆ 1 large pair of scissors to cut cardboard
- ☆ *Canada's Food Guide*.
Visit www.healthcanada.gc.ca/foodguide or call 1-800 O CANADA for copies.
- ☆ Paper (1 sheet per student)

- ☆ Crayons or coloured pencils
- ☆ Scissors for students to use
- ☆ Glue

Class Discussion:

Many items that we buy have labels that tell us something about that item. Ask students to try to find a label on their own clothes. Use the following analogy to introduce food labels on packaged foods. In some ways, food labels are a little like the labels on your clothing. In both cases they tell us important information, such as the size (or the amount of food in the package), who made it and what it is made from (food labels include a list of ingredients). The food labels also give us more information about what the food can provide to our body (Nutrition Facts table). Label information helps people decide if they want to buy an item. Distribute a variety of empty food packages to students. Then explore:

- ☆ What is a label?
- ☆ Where do you see food labels?
- ☆ What do food labels tell us?

Teaching Tip:

The information found on the food labels on packaged foods, such as the list of ingredients and nutrition information can help us make informed food choices. Students in Grades K-1 can begin to learn about the kinds of information they may

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MISSION PLANS FOR GRADES K-1
MISSION 5
FINDING FOOD LABELS



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find on food packaging. They can also learn to recognize the Nutrition Facts tables on packaged foods. As they get older they can learn to read and use the nutrition information on food labels. Nutrition Facts tables are now mandatory on most packaged foods in Canada. Food manufacturers must use standard formats for the Nutrition Facts tables, making them easier to recognize and read. It is important that students understand that many foods without a food label or Nutrition Facts table, such as fresh vegetables and fruit, are healthy choices as well.

Learn more about nutrition labelling at www.healthyeatingisinstore.ca and www.healthcanada.ca/nutritionlabelling

Home Connection:

At Home: Have students go on a “Food Package Hunt” with the help of a family member. Ask them each to bring to school two empty food packages.

In Class: Use these empty food packages for the two classroom activities. Sort through the packages, to ensure the collection has foods that belong to each of the four food groups of *Canada’s Food Guide*. Eliminate packages for foods that are combination foods (e.g. pizza, stew, frozen dinners) since these foods will be challenging for students to classify. Redistribute the packages to students, using those you brought in for the class discussion as needed.

Activities:

1. In preparation for this activity, tape the 4 pieces of coloured Bristol board to a wall in your classroom. Use the marker to write the name of the corresponding food group at the top of each Bristol board. Place plenty of pieces of masking tape on each one, so students can stick the empty food packages to them. Cut out a large magnifying glass using the cardboard. Then begin this activity by reviewing the four food groups from *Canada’s Food Guide*. Remind students that we need to enjoy a variety of foods from each of the four food groups for good health. Then let students take turns using the cardboard magnifying glass to pretend they are food packaging detectives trying to help the *MISSION NUTRITION** Team understand food labels. Have each student do a very brief show and tell about one of the food packages. Ask the class to try to guess what food group each food belongs to. When they guess correctly, the student can stick their food package on the Bristol board for that food group. You may wish to spread this activity over the course of a whole week, having a few children play the food packaging detective each day.

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MISSION PLANS FOR GRADES K-1
MISSION 5
FINDING FOOD LABELS



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2. Provide each student with art supplies and a piece of paper divided into four quarters. Using the food group displays from Activity 1 as a guide, ask students to draw and colour one of their favourite foods in each square, one from each of the four food groups.

**Student Mission 5:
Nutrition Facts**

Have students help *Handy-Bot** find the Nutrition Facts tables on food packages. Use the rest of the food packages that students brought to class and the ones you brought in for the class discussion to ensure each student has a package with a Nutrition Facts table. Ask them to cut and paste a Nutrition Facts table in the magnifying glass *Handy-Bot** is holding on the *Nutrition Facts* activity sheet. Post the completed activity sheets in the shape of a *MISSION NUTRITION** rocket.

Active Learning:

I spy with my little eye

Play a game of *Captain Kip** says "I spy with my little eye..." using the food packaging displays students created in Activity 1. Before you begin let students know that you will be giving food clues. Ask students to run up to the display and touch the food package they were assigned in Activity 1 when they recognize a clue that matches it. Call out something related to one of the food packages, for example "a food package that's blue and belongs to the Milk and Alternatives group". Each time a student gets a clue, have everyone jump up and down 5 times.