

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Module 3: Food Labels and Marketing

**Lesson Theme:** Equipping students with knowledge related to nutrition information and food marketing techniques.

**ACTIVITY:** Nutrition label scavenger hunt. Activity continued on next page.

Nutrition Facts			
Serving Size 6 donuts (85g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b> 340	Calories from Fat 150		
% Daily Values*			
<b>Total Fat</b> 16g	<b>25%</b>		
Saturated Fat 8g	<b>40%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 20mg	<b>7%</b>		
<b>Sodium</b> 330mg	<b>14%</b>		
<b>Total Carbohydrate</b> 0g	<b>0%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 21g			
<b>Protein</b> 3g	<b>6%</b>		
Calcium 8%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



**INGREDIENTS:** Enriched Wheat Flour [Flour, Barley Malt, Ferrous Sulfate (Iron), B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], Dextrose, Vegetable Shortening (Soybean, Palm and Hydrogenated Cottonseed Oil), Water, Sugar. Contains 2% or Less of: Nonfat Milk, Soy Flour, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Aluminum Sulfate, Sodium Aluminum Phosphate), Egg Yolks, Salt, Soy Lecithin, Modified Wheat Starch, Mono and Diglycerides, Tapioca Dextrin, Corn Dextrin, Guar Gum, Karaya Gum, Cornstarch, Cellulose Gum, Enzymes, Modified Corn Starch, Citric Acid, Wheat Starch, Partially Hydrogenated Vegetable Shortening (Soybean and Cottonseed Oil), Titanium Dioxide (Color), Extracts of Annatto and Turmeric (color), Natural and Artificial Flavors, Sorbic Acid and Sodium Propionate and Potassium Sorbate and Calcium Propionate (to Retain Freshness).

## ACTIVITY CONTINUED:

1. Draw a star next to "Sugars."
2. Circle the "Protein."
3. Put a box around the "Serving Size."
4. Is there a lot or a little amount of sugar in this food based on the number of grams shown in the label?

Circle one: A LOT    A LITTLE

5. Is there a lot or a little fat in this food, based on the percent Daily Value? (%DV)

Circle one: A LOT    A LITTLE

6. What type of grain is the food made from? (Hint: look at the first ingredient in the "Ingredients" list) \_\_\_\_\_
7. Are there a lot of ingredients listed in this food?    YES    NO
8. Since we know that foods with more ingredients in them tend to be more processed, and less healthy for our bodies, do you think this food is a healthy choice? Circle one:    YES    NO

## Today I tasted:

### Fruit Smoothie



#### Ingredients

- 1 frozen banana, peeled and sliced
- 2 c. frozen strawberries, raspberries or cherries
- 1 c. milk
- 1/2 c. plain or vanilla yogurt
- 1/2 c. freshly squeezed orange juice
- 2 to 3 Tbsp. honey or to taste

#### Instructions

- Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.
- For non-dairy smoothies, substitute 1 c. rice milk for the milk and yogurt. Or, use soy yogurt or soy milk instead of dairy.



#### Fun Fact:

In 2012, \$4.6 billion was spent to advertise fast food and only \$116 million was spent to advertise fruits and vegetables.



#### Joke:

What do you call a fruit that plays the trumpet?

Tooty fruity!

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/frozen-fruit-smoothies-recipe-1914927>