



Health Virtual Learning

Chapter 3.3 Food Labels and Food Safety

Truman High School

4/20/2020



Lesson: 4/20/2020

Objective/Learning Target:

1. Analyze a Nutrition Facts label to identify the nutritional value of a food product.
2. Describe how the order of ingredients is determined on a food label.
3. Understand the use of claims on food labels.
4. Describe the consequences of unsafe food handling.
5. Differentiate between the different types of foodborne illnesses.
6. Recognize steps to prevent foodborne illnesses.
7. Distinguish between food intolerances and food allergies.

Nutrition Label Facts

- The FDA requires any food sold in a package to include a Nutrition Facts label
- This label shows the serving size, calories per serving, and nutrient percent (%) Daily Value

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
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Amount per serving	
Calories	230
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	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
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Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
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<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serving Size

Suppose you look at the label for a bag of caramel crunch popcorn and see that it contains 100 calories. You eat the entire bag before you begin to wonder how such a large serving of this snack could have only 100 calories.

What mistake did you make when you looked at the food label?



Ingredients in Food

- A food label includes all the ingredients that were used to make that food
- Ingredients are often listed in a confusing way
- Food additives must also be included in the ingredient list



Claims on Labels

- Food labels may describe a food using a specific claim about its health benefits

- Examples: “low fat,” “reduced calories”

- Foods should meet certain criteria set by the FDA to use these labels



Think Further...

What general requirements must a food meet to be called an organic food?

What are two reasons someone might wish to purchase organic food, even if it is more expensive than other products?



What Causes Illnesses?

- Foodborne illness, or food poisoning, refers to illnesses that are transmitted by foods
- Most foodborne illness can be prevented by practicing safe food handling procedures



Thinking Further...

Foodborne infections are caused by agents, such as bacteria, viruses, or parasites.

How does foodborne intoxication differ from a foodborne infection?

–Foodborne intoxication is an illness caused by toxins that an organism has produced in a food

Preventing Foodborne Illness

- These strategies can help reduce your risk of getting foodborne illnesses
 - Wash your hands with hot, soapy water
 - Cook foods to the appropriate temperature
 - Keep hot foods hot and cold foods cold
 - Refrigerate and freeze perishable food
 - Wash counters, tables, and dishes with hot, soapy water
 - Avoid unpasteurized juice, apple cider, and milk
 - Wash fruits and vegetables before preparing them
 - Throw away cans that are leaking or bulging

Food Intolerance

- Food intolerance is a condition in which a person cannot properly digest a certain type of food
- Examples: lactose intolerance and gluten intolerance



Food Allergy

- A food allergy is an immune response to a certain food that the body reacts to as if it were harmful
- Common reactions include hives or a rash, swelling in the tongue and throat, difficulty breathing, and cramps

