

Special Education Virtual Learning High School Transition- Reading Nutrition Labels

April 23, 2020



Special Education Transition Lesson: April 23, 2020

Learning Target:

Students will use nutrition labels to locate specific information to answer questions

Background: This is a review lesson for reading nutrition labels and answering questions

- Students will learn how to locate information on nutrition labels
- Students will read nutrition labels and independently answer questions

Let's Get Started:

Watch Videos below:

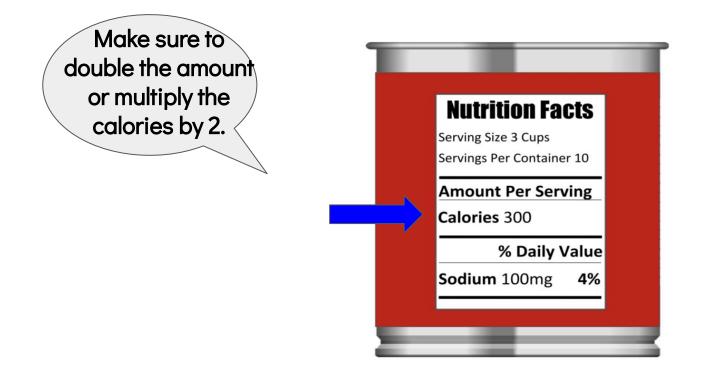
- 1. <u>Reading Nutrition Labels</u>
- 2. <u>Six Basic Nutrients</u>

Practice #1: How many cups is the serving size?

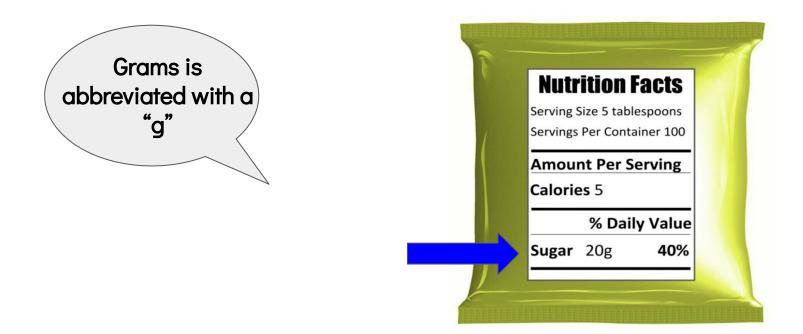
Remember to read all the information on the label.

	Nutrition	Facts	
	Serving Size 1 Cup		
1	Servings Per Co	ntainer 4	
- 1	Amount Per Ser		
_	Calories 100		
	% Daily Total Fat 8g	Value 5%	
_	Sodium 50mg	2%	
	Vitamin C	10%	

Practice #1: How many calories are in two servings?

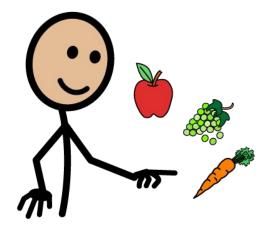


Practice #1: How many grams of sugar is in one serving?



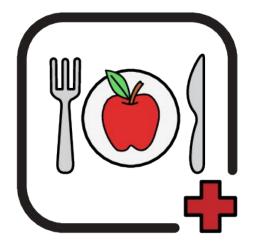
	Cooking Instructions: Pour contents of packages into a microwave safe bowl, cover and microwave on high power for 3-4 minutes. Stir then serve immediately.	Nutrition Facts Serving Size 1 package Servings Per Container 1 Amount Per Serving Calories 275 % Daily Value Total Fat 12g 8% Sodium 700mg 30% Vitamin C 0%
1.	COMPREHENSION	DN QUESTIONS
2.	HOW MANY SERVINGS PER CO	DNTAINER?
3.	HOW MANY CALORIES PER SE	RVING?
4.	HOW MANY MILLIGRAMS OF S	ODIUM?

Practice on your own: Answer each question:



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MORE Practice on your own: Answer each question:



Kutrition Facts Serving Size 1/2 Cup (50g) Servings Per Container About 9 Amount Per Serving Calories 230 Calories from Fat 70 % Daily Value Total Fat 8g 12% Saturated Fat 3g 15% Sodium 180mg 5% Total Carb. 36g 12% Sugars 12g 12% Vitamin A 0% Vitamin C 0% Calcium 2% Iron 6%
COMPREHENSION QUESTIONS
1. WHAT IS THE SERVING SIZE IN CUPS?
2. HOW MANY SERVINGS PER CONTAINER?
3. HOW MANY CALORIES PER SERVING?
4. HOW MANY MILLIGRAMS OF SODIUM?
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		Nutrition Facts Serving Size 2 Cups (200g) Servings Per Container About 3			
		Amount Per Serving Calories 450 Calories from Fat 70			
		% Daily ValueTotal Fat 8g14%Saturated Fat 3g3%			
		Sodium 400mg 17% Potassium 50mg 1%			
		Total Carb. 36g 15% Sugars 21g			
		Protein 10g Vitamin A 3% Vitamin C 2%			
		Calcium 0% Iron 4%			
		COMPREHENSION QUESTIO	NS		
1.	WHAT IS THE SERV				
2.	2. HOW MANY SERVINGS PER CONTAINER?				
3.	HOW MANY CALO	RIES PER SERVING?			
4.	HOW MANY MILLIC	GRAMS OF SODIUM?			

MORE Practice on your own: Answer each question:



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Independent Practice Nutrition Label Review Game



Self Check:

Share with someone at home what you learned About nutrition labels.

- 1. Can you complete this skill?
 - Independently
 - I needed some prompts
 - □ I needed a lot of help
- 2. Pick an item from your pantry and answer <u>these questions</u>.



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