



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. [Reading Nutrition Labels](#)
2. [Six Basic Nutrients](#)

# Practice #1:

## How many cups is the serving size?

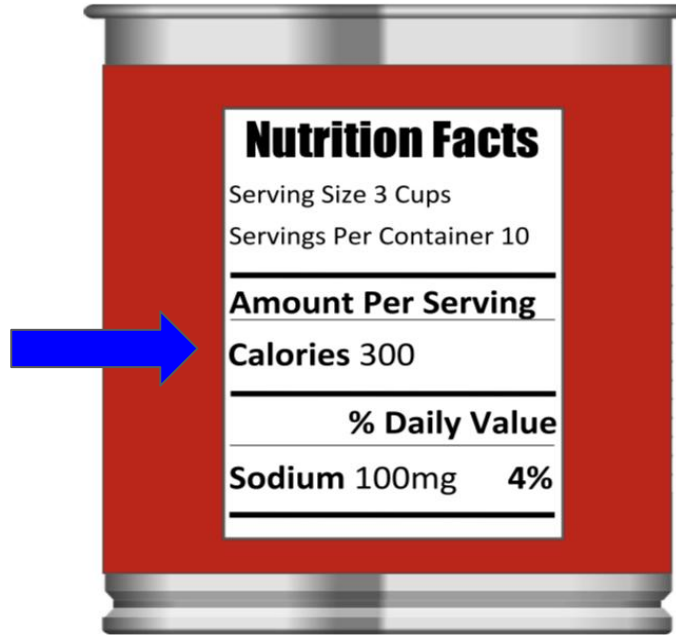
Remember to read  
all the information  
on the label.



# Practice #1:

## How many calories are in two servings?

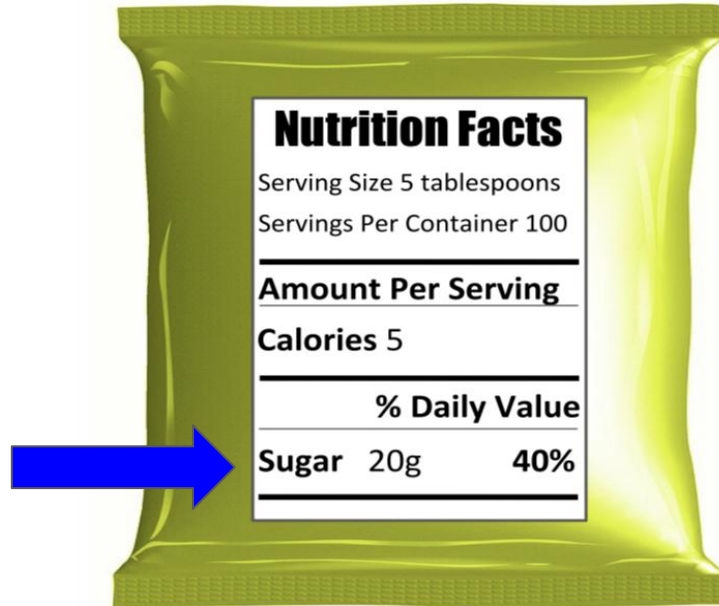
Make sure to  
double the amount  
or multiply the  
calories by 2.

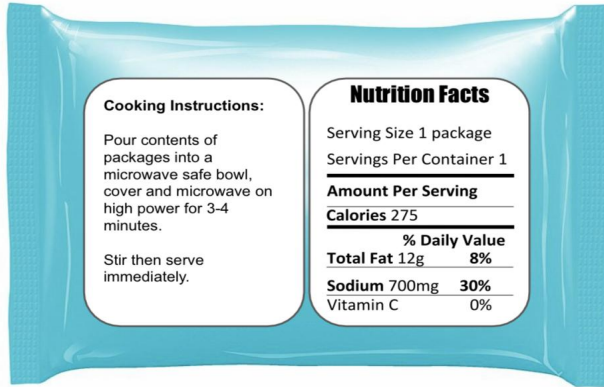


# Practice #1:

How many grams of sugar is in one serving?

Grams is  
abbreviated with a  
“g”





#### COMPREHENSION QUESTIONS

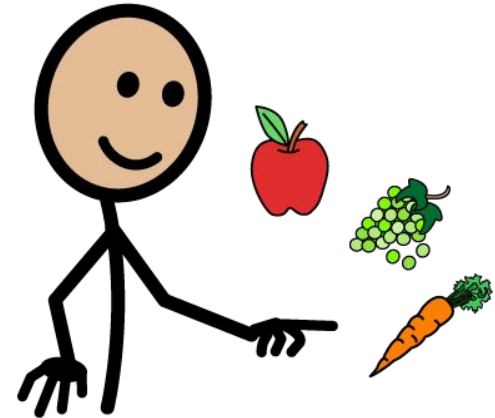
1. WHAT IS THE SERVING SIZE?

2. HOW MANY SERVINGS PER CONTAINER?

3. HOW MANY CALORIES PER SERVING?

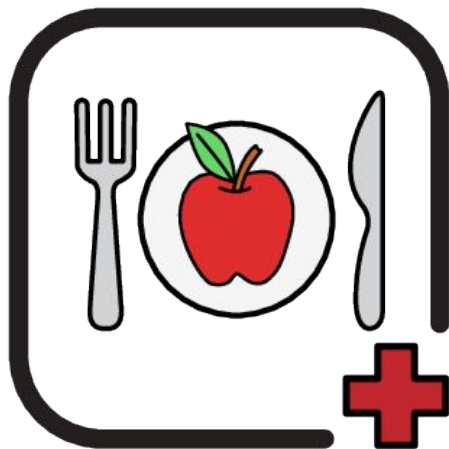
4. HOW MANY MILLIGRAMS OF SODIUM?

# Practice on your own: Answer each question:



# MORE Practice on your own:

## Answer each question:



### 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?



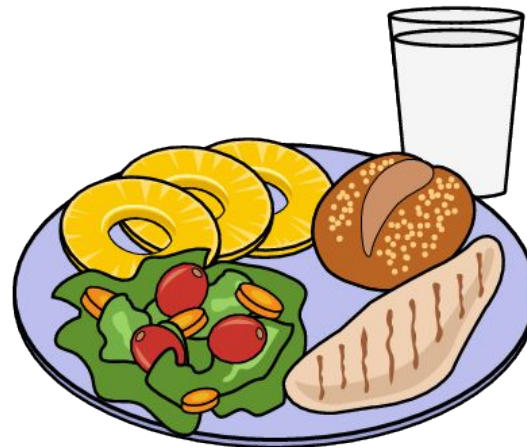


#### COMPREHENSION QUESTIONS

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?

# MORE Practice on your own:

## Answer each question:



# 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 [these questions](#).