

Pyramid Pile Up Plus Classroom Activity 1

Chompy's Lunchbox

Instructions

Learning Objective

Students are able to successfully read and analyze a food label to determine which foods are healthier choices than others.

Materials

1. "Chompy's Lunchbox" worksheets
2. Encyclopedias, books, Internet

Teacher Preparation

1. Print one copy of "Chompy's Lunchbox" for each student.

Instructions

1. Give each student a copy of the "Chompy's Lunchbox" handouts.
2. As a class, review how to read a Nutrition Facts label using the worksheet provided. We recommend specifically pointing out serving size, calories, fat content, and sugar.
3. Read aloud the instructions for the student worksheet. Remind students to select only one item per line and explain why they chose it.
4. Students can work individually or in pairs.

Sources

For more information about how to read food labels, see the USDA's Dietary Guidelines for Americans at <http://www.health.gov/dietaryguidelines/>.



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How to read a food label

USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

Amount Per Serving		Calories from Fat 110	
		% Daily Value*	
Calories	250		
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

Source: Dietary "Finding Your Way To A Healthier You," United States Department of Health and Human Services & United States Department of Agriculture (www.healthier.us.gov/dietaryguidelines)



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Student Worksheet

Directions

Chompy has a banana, carrot sticks, and tomatoes in his lunchbox. He wants to add more lunch items but needs to choose ones that are low in fat, low in sugar, and full of vitamins. Help Chompy decide which items to add to his lunchbox by reading the Nutrition Facts and circling the healthier choice. On the lines below, write a brief reason for your choice.



Peanut Butter 1

Nutrition Facts	
Serving Size 2 Tbsp	
Servings Per Container about 15	
Amount Per Serving	
Calories 190	
<small>%Daily Value*</small>	
Total Fat 17g	26 %
Saturated Fat 3.5g	18 %
Cholesterol 0mg	0 %
Sodium 140mg	6 %
Total Carbohydrate 7g	2 %
Dietary Fiber 2g	8 %
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Peanut Butter 2

Nutrition Facts	
Serving Size 2 Tbsp	
Servings Per Container about 15	
Amount Per Serving	
Calories 100	
<small>%Daily Value*</small>	
Total Fat 2g	17 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 7g	2 %
Dietary Fiber 2g	8 %
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Reason:



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Grape Jelly 1

Nutrition Facts	
Serving Size 1 Tbsp	
Servings Per Container about 30	
Amount Per Serving	
Calories 50	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 13g	4 %
Dietary Fiber 0g	0 %
Sugars 13g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Grape Jelly 2

Nutrition Facts	
Serving Size 1 Tbsp	
Servings Per Container about 30	
Amount Per Serving	
Calories 50	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 13g	4 %
Dietary Fiber 0g	0 %
Sugars 20g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.



Bread 1

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container about 24	
Amount Per Serving	
Calories 60	
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 100mg	4 %
Total Carbohydrate 12g	4 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 2.5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet.

Bread 2

Nutrition Facts	
Serving Size 2 slices	
Servings Per Container about 12	
Amount Per Serving	
Calories 180	
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 227mg	12 %
Total Carbohydrate 28g	9 %
Dietary Fiber 1.7g	7 %
Sugars 1.7g	
Protein 4.9g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

