

Juice Jumble Classroom Activity 1

Fruit Juice Show and Tell

Instructions

Learning Objective

Students are able to successfully read a drink label and establish whether it is 100% fruit juice, has some fruit juice, or no fruit juice.

Materials

1. Drinks (students bring from home)
2. All About My Drink worksheet
3. How to Read a Nutrition Label worksheet
4. Colored pencils

Teacher Preparation

1. Tell students to bring one fruit or fruit-flavored drink of their choice to class the next day. It can be in a can, box, pouch, or bottle.
2. Print out the “All About My Drink” worksheet and “How to Read a Nutrition Label” worksheet for each student.

Instructions

1. Give each student a copy of the “All about My Drink” sheet and the “How to Read a Nutrition Label” sheet.
2. Read aloud the information on the Nutrition Label sheet.
3. Have each student put his/her drink on the table.
4. Allow students to draw a picture of their drink and answer questions 1 through 3.
5. Have students write down any information they can gather from the front of their drink label. What kind of advertisement does it have? Does it say 100% fruit juice?
6. Have students fill in the blank Nutrition Label using the information from the back of their drink. List the drink’s ingredients.
7. As a class, discuss some of the ingredients in the student’s drinks. Do all of the fruit drinks have 100% juice? What other ingredients are common in fruit drinks?
8. Discuss as a class what key words are seen on drinks. Which words coincide with All, Some, or None drinks from the Juice Jumble game? Words to look for include:
 - a. 100% fruit juice
 - b. fruit drink, juice drink
 - c. contains 100% fruit juice, made with 100% fruit juice
 - d. cocktail
 - e. nectar
 - f. fruit-flavored
 - g. 100% natural flavor



Juice Jumble Classroom Activity 1

Fruit Juice Show and Tell

9. Finally, discuss with the class about the advertising on the front of the drinks versus the nutrition information on the back. Is it easy to tell which drinks are made with 100% fruit juice? Are any of the front labels misleading?



Juice Jumble Classroom Activity 1

Fruit Juice Show and Tell

All About My Drink

1. Draw a picture of your drink in the box below. Make sure you include the name of your drink.



2. Write 2 to 3 sentences about your drink. Is this one of your favorites? What does it taste like?

3. Look at the back of your drink. List the ingredients found at the bottom. Based on the ingredients, do you think your drink is 100% Fruit Juice, Some Juice, or No Fruit Juice. Why?



Juice Jumble Classroom Activity 1

Fruit Juice Show and Tell

4. Using the “How to Read a Food Label” as a guide, fill out the label below with the information printed on the back of your drink.

Nutrition Facts	
Serving Size	FL OZ ()
Servings Per Container	
Amount Per Serving	
Calories	
%Daily Value*	
Total Fat	%
Saturated Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	
Vitamin A	•
Vitamin C	•
Calcium	•
Iron	•
* Percent Daily Values are based on a 2,000 calorie diet.	

5. Examine the front of your drink. Look at the front label. What kind of advertisement does it have? Does it say 100% fruit juice? Write down any wording that you think is important.

6. Does the advertisement on the front of the drink match what’s on the nutrition label? Why or why not?

