

West Area Adult School

Submitted By: Lori Cabrera

Organization: West Area Adult School

Lesson Title: Reading Nutrition Labels

Subject Area: ESOL and Nutrition

Time to execute: 1 hour

Step-by-Step Instructions for Delivering the Lesson:

Intro: Show sample nutrition label on doc cam. Is there anyone who would like to lose weight or just be healthier? Have you ever noticed the food labels on all processed foods? Do you ever read them? Does anyone have any food products with them that have nutrition labels (put under doc cam)? Why do we need to worry about what's in our food anyway?

Before beginning, state that the best foods don't have a label (fresh fruits, vegetables, etc).

Read in Groups of 3 (p. 92 yellow box) OR could use any simplified description of the parts of a nutrition label. Monitor students' reading and correct pronunciation when needed.

Explain - using the sample label, talk about the various parts and what they mean for our health. For key health topics, FOCUS on (high) Calories per serving, Saturated Fat, Trans Fat, Sugar, and Sodium, as these are the key items most people need to be aware of. Draw a visual (maybe a large scary face) for those on the board to emphasize that they are bad. You can alternatively use a poster showing a large nutrition label (NASCO Nutrition has one available).

Practice with a matching exercise that matches the nutrition label component and its definition. (p. 91-92) (This would be better for kinesthetic people if you use cut up strips of paper and have them match the pairs that way.)

Review and check comprehension - Say the various names for the parts of the label and have students show you 'thumbs up' or 'thumbs down' for healthy and unhealthy items. Have students respond to True/False questions using a student response system if one happens to be available (p. 92). If not, just do thumbs up for true, thumbs down for false.

Evaluation Have students respond in writing to one or more of the following prompts: Which item on the food label is most important to you considering your family health history? What changes could you make in regards to reading food labels? What would happen if you always read the nutrition labels before buying any particular food?