



Dear Teacher:

GrowingGreat Lesson #3 “Know What Is In Your Fuel – Food Investigators”

Today’s lesson is “Know What Is In Your Fuel – Food Investigators”. Your GrowingGreat Docent will lead students through an interactive lesson designed to show them how to analyze the Nutrition Facts Label and Ingredient lists to identify higher-quality foods. All students will receive a “Grill Me About...” handout to take home to their parents or it will be sent home via email.

Your packet includes:

- An **outline** of the lesson for you to follow
- A copy of the “**Take A Look**,” an optional enrichment activity you may offer to the kids as extra credit. This activity is designed to reinforce what the kids learned today and to get the whole family involved in making higher quality choices
- A **survey** for your feedback, which you can return to _____

We hope you and your students enjoy the lesson. Thank you!

Sincerely,

LESSON OUTLINE

Lesson #3: Know What Is In Your Fuel – Food Investigators

Lesson Objective: Students will learn to analyze the Nutrition Facts Label and Ingredient List on packaged foods to identify higher-quality foods.

Classroom Lesson Outline:

1. Review from Lesson #2 5 minutes
2. Definitions for 2 parts of food labels 15 minutes
 - a. Ingredients
 - i. Lists in detail what is in the food
 - ii. Listed in order from greatest to least
 - b. Nutrition Facts
 - i. Breaks down nutrient content in foods, such as proteins, fats and carbohydrates
 - ii. Use as a tool in combination with ingredient list to determine quality of a food
 - c. Clues for finding a higher-quality food
 - i. Fewer ingredients, the better
 - ii. Source should be one of the first few ingredients
 - iii. You should recognize the words in the list
3. Investigating food labels 7 minutes
 - a. Activities
 - i. Analyze nutrition facts and ingredients for two breads
 - ii. Draw conclusion on higher-quality bread
 - iii. Analyze nutrition facts and ingredients for two strawberry spreads
 - iv. Draw conclusion on higher-quality spread
4. Review 3 minutes
5. Optional Food Sample 5 minutes



Recommended Reading

A Special Note On Grains

A Few Tips for Using Food Labels

California State Standards met by grade

3rd grade: Investigation and experimentation

- Scientific progress is made by asking meaningful questions and conducting careful investigations.
- Collect data in an investigation and analyze those data to develop a logical conclusion.

4th grade: Comprehension and Analysis of Grade-Level-Appropriate Text

- Evaluate new information and hypotheses by testing them against known information and ideas.

5th grade: Structural Features of Informational Materials

- Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable.
- Analyze text that is organized in sequential or chronological order.



Be a food investigator.

Use Nutrition Facts and Ingredients to uncover clues about the quality of different foods you eat. Choose foods from the different fuel types to complete the questions below.



Packaged foods such as: crackers, bread, pretzels, chips, cookies, popcorn, pasta

Packaged foods such as: applesauce, canned fruit, fruit rollups or fruit snacks, juice boxes

Packaged foods such as: canned tuna, hot dogs, cheese, deli meats, frozen chicken nuggets

Grain Carbohydrate	
Nutrition Facts	
Name of Food:	
Serving Size:	
Servings Per Container:	
Grams of Fiber:	
Grams of Sugar:	
Ingredients	
Is the first ingredient the source?	Y N
Number of Ingredients:	
Do you know what they all are?	Y N
Any hydrogenated oils?	Y N
Any artificial colors?	Y N
Any artificial flavors?	Y N
How many different added sugars:	

Fruit Carbohydrate	
Nutrition Facts	
Name of Food:	
Serving Size:	
Servings Per Container:	
Grams of Fiber:	
Grams of Sugar:	
Ingredients	
Is the first ingredient the source?	Y N
Number of Ingredients:	
Do you know what they all are?	Y N
Any hydrogenated oils?	Y N
Any artificial colors?	Y N
Any artificial flavors?	Y N
How many different added sugars:	

Protein	
Nutrition Facts	
Name of Food:	
Serving Size:	
Servings Per Container:	
Grams of Fiber:	
Grams of Sugar:	
Ingredients	
Is the first ingredient the source?	Y N
Number of Ingredients:	
Do you know what they all are?	Y N
Any hydrogenated oils?	Y N
Any artificial colors?	Y N
Any artificial flavors?	Y N
How many different added sugars:	



Teacher/Administrator Lesson Evaluation

Lesson #3 “Know What Is In Your Fuel – Food Investigators”

This evaluation is to provide feedback to the docent or instructor who delivered the lesson.

Teacher Name/Grade _____

Docent Name _____

Date of Classroom Lesson _____

Was the docent on time and prepared to teach the lesson as scheduled?

Did the docent have enough time to present the lesson?

Did the docent have an adequate understanding of the information? Were there any student questions that the docent couldn't answer? If so, what were they?

Would you do anything differently for this particular lesson?

What should we do differently for future lessons?

Any other feedback on the lesson and/or the docent who presented it?

Please return to _____