



Dear Teacher:

GrowingGreat Lesson #2 “Label Busters”

Today’s lesson is “Label Busters.” Your GrowingGreat Docent will lead students through an interactive lesson designed to show them how to read ingredient lists to spot common additives called “red flags.” 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 “**Be an Ad Buster**”, an optional activity sheet which supports concepts learned in this lesson
- A **survey** for your feedback, which you can return to _____

We hope you and your students enjoy the lesson.

Sincerely,

LESSON OUTLINE

Lesson #2 : Label Busters

Lesson Objective: Children learn to identify common food additives which can cause a negative impact on their health. Children use nutrition fact labels and ingredient lists to spot common additives called “red flags”.

Classroom Lesson Outline:

1. Review (2 minutes)

2. Concepts taught: 3 Red Flags (15 minutes)

- a. Added sugars (Emphasis on high fructose corn syrup)
- b. Hydrogenated oils
- c. Artificial ingredients (Emphasis on colors and flavors)

3. Interactive Individual or Group Activities (15 minutes)

- a. In groups, students investigate ingredient lists to identify snacks with higher-quality ingredients
- b. Students fill out Label Buster activity sheet
- c. Review as a class

4. Optional Food Sample (5 minutes)



Recommended Reading

Sweet but Sinister, By Debra Ginsberg

The Facts About High-fructose Corn Syrup By Amy Palanjian

Guide to Natural Sweeteners

California State Standards met by grade

3rd grade content standards:

Scientific progress is made by asking meaningful questions and conducting careful investigations. As a basis for understanding this concept and addressing the content in the other three strands, students should develop their own questions and perform investigations.

Students will:

- b. Differentiate evidence from opinion and know that scientists do not rely on claims or conclusions unless they are backed by observations that can be confirmed.
- c. Collect data in an investigation and analyse those data to develop a logical conclusion.

4th grade content standards:

Scientific progress is made by asking meaningful questions and conducting careful investigations. As a basis for understanding this concept and addressing the content in the other three strands, students should develop their own questions and perform investigations.

Students will:

- a. Differentiate observation from inference (interpretation) and know scientists' explanations come partly from what they observe and partly from how they interpret their observations.

5th grade content standards:

Scientific progress is made by asking meaningful questions and conducting careful investigations. As a basis for understanding this concept and addressing the content in the other three strands, students should develop their own questions and perform investigations.

Students will:

- g. Record data by using appropriate graphic representations (including charts, graphs, and labeled diagrams) and make inferences based on those data.

BE AN AD-BUSTER

Analyzing “Frooty-Tooty Fruitsies”

Name _____

Did you know that food advertising can sometimes make a food sound more nutritious than it really is? You need to take a close look at the food label to determine if the food lives up to the advertising claims.

DIRECTIONS:

Read the advertisement for “Frooty-Tooty Fruitsies.” (It’s made-up, by the way.) Next, study the **Nutrition Facts** label for this product and answer the questions below.

WHAT THE ADVERTISEMENT SAYS:

Frooty-Tooty Fruitsies give your body a high-energy boost. They are bursting with FRUIT flavor and wholesome goodness. Frooty-Tooty Fruitsies make a Fruity-Licious Nutritious Treat!!

WHAT THE LABEL SHOWS:

Frooty-Tooty Fruitsies	
Serving Size 15 pieces	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 45 mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 1g	2%
Vitamin A	<2%
Vitamin C	<2%
Calcium	<2%
Iron	<2%

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

Ingredients:
Corn syrup, sugar, gelatin, fruit juice concentrate, artificial flavorings, artificial colorings.

1. The ingredients on a food label are listed from most to least. Look at the ingredient label for **Frooty-Tooty Fruitsies**. How many of the first three ingredients are forms of sugar? Are any of the ingredients listed a source of real fruit?

2. Real fruit and 100% fruit juices often contribute vitamins A and C to the diet. Are **Frooty-Tooty Fruitsies** a good source of either of these vitamins?

3. Do you think that **Frooty-Tooty Fruitsies** are a “Fruity-licious Nutritious” treat? Why or why not?

4. Can you think of an example of a food advertisement that you have seen that makes misleading claims about nutrition? Describe below.

