

Materials	Various cans and boxes of food, access to the internet, paper and pencil
Learning Outcome	Describe different parts of a food label and practice reading food labels.

Description

Choose some boxes or cans available at home to support with learning to read food labels. Use the [Understanding Food Labels](#) page and create an online scavenger hunt for the child.

Example questions include:

- What is the information in a nutrition facts table based on? **Answer:** Serving size
- What is sodium? **Answer:** A nutrient found in table salt and many other foods.
- Why is it not healthy to eat a lot of sodium? **Answer:** It can cause health problems like high blood pressure.
- What are sugars? **Answer:** A type of carbohydrate.
- What are sugars found in? **Answer:** Vegetables, fruits, milk, fruit juice, soda, sport drinks, baked goods, cereal, and more.
- Why is it not healthy to eat a lot of food with sugars? **Answer:** It can cause health problems like type 2 diabetes.
- List 3 core nutrients listed on food labels. **Answer:** Fat, saturated fat, trans fat, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium, iron.
- What does the serving size tell you? **Answer:** The serving size tells you the quantity of food used to calculate the numbers in the nutrition facts table.
- What is percent daily value (% DV) and what is a little? A lot? **Answer:** It shows you if the serving size has a little or a lot of a nutrient. 5% DV or less is a little and 15% DV or more is a lot.
- Name two things that a nutrition table can be used for? **Answer:** Learn about calories and nutrients in a food, understand the percent daily value (% DV), compare foods to make informed choices, manage specific nutrient needs like choosing foods with low sodium.

Ask the child to search the web page and write out the answers as they find them. After discussing the answers, compare food labels you have at home and talk about the different components. Ask the child to use what they learned to read the label.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *How can you use the information you learned to make healthy food choices in the future?*
- *Is there anything you learned about reading food labels that you want to learn more about? If so, what?*