

Teacher Guide:

## **FOOD LABELS**

### **Key Messages**

- Food labels on food packages contain information about the contents of the package.
- Foods meeting certain nutrient requirements may make health claims on their food label.
- The eight common food allergens must be displayed in plain language on the food label.
- The Nutrition Facts panel found on every food label makes it easier for people to know what is in the food they eat, compare the nutritional content of foods with one another and help one make informed food choices.

### **OBJECTIVES**

Participants learn:

- the information found on food labels.
- the eight common food allergens listed on food labels.
- the information found on the Nutrition Facts panel .
- how the Nutrition Facts panel can help you make healthful food choices.

### **Suggested teaching materials:**

- Sample food packages
- Sample Nutrition Facts panel from food labels
- Food Label handout

## Activities

- Comparing Foods Using Nutrition Facts  
Have participants compare “similar” canned/package foods using the Nutrition Facts panel. Examples of foods to compare:
  - Sugar content in breakfast cereals
  - Total fat in crackers
  - Total fat in snack foods – popcorn, pretzels, corn chips, cheese puffs, etc.
  - Fiber in breads
  - Calcium content in different (fat free, 1%, 2% and whole) milks
- Recipes – Provide participants a copy of the recipe handout. Choose one or more of the recipes and bring in the ingredients for the recipe(s). Read the Nutrition Facts panel of the recipe ingredients. Look at the ingredients lists on each food package and talk about which ingredients are in the most amounts and least amounts.