

Grades 6–8

Reading Food Labels

Label Links

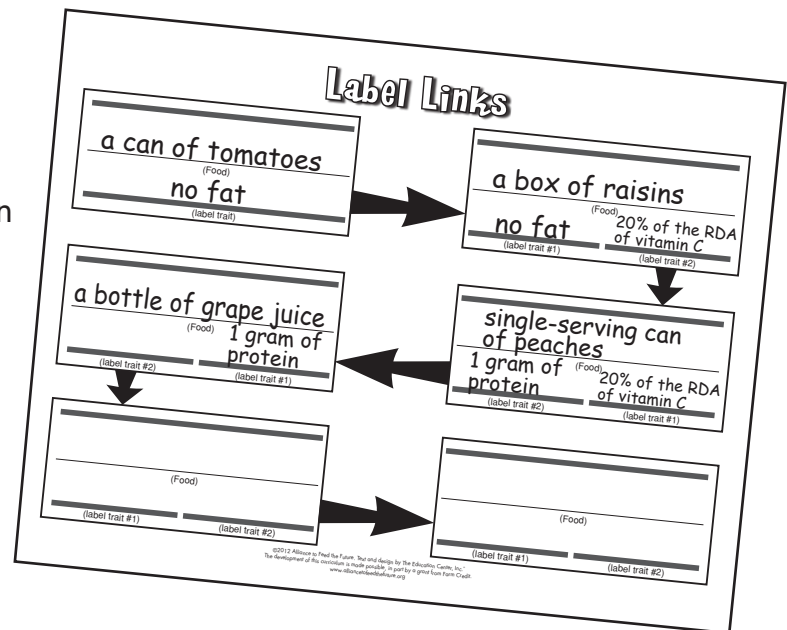
Reading food labels, expressing information visually (RST.6–8.7)

From market to classroom, this challenge will rally your students' label-reading abilities. Ask each student to bring in a few clean, empty food boxes, cans, bottles, or bags. To begin, divide students into groups and have each group study their food labels to figure out a "chain" that connects one item to the next. For example, a can of tomatoes and a box of raisins both have no fat, a box of raisins and a single-serving can of peaches both have more than 20% of the recommended daily allowance of vitamin C, and a single-serving can of peaches and a bottle of grape juice both have one gram of protein. Provide the "Label Links" sheet to each group and encourage them to make as many links as they can for their food labels. Award points to the group with the longest chain. Then challenge the groups to find ways to link their chains together!

Extend the learning: Suggest students revisit their "Label Links" page. Which linked nutrients are beneficial to overall health (for example, more than 20% of the daily value of fiber, vitamin A, vitamin C, iron, or calcium or less than 20% of the daily value of total fat, saturated fat, cholesterol, and sodium)? Have students use a highlighter to show the links with healthful qualities.

Fun fact:

September is National Rice Month!



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Label Links

(Food)

(label trait)



(Food)

(label trait #1)

(label trait #2)



(Food)

(label trait #2)

(label trait #1)



(Food)

(label trait #2)

(label trait #1)



(Food)

(label trait #1)

(label trait #2)



(Food)

(label trait #1)

(label trait #2)