

Grades 6–8

Reading food labels

Same—or Not?

Comparing and contrasting foods

Help students see that products in different forms have similarities and differences. Have students collect clean food labels from specific types of fresh, frozen, canned, and/or dried foods, such as presliced frozen strawberries and fresh strawberries, canned corn and fresh corn, frozen orange juice and orange juice in a carton, or frozen chicken and fresh or raw packaged chicken (for safety, be sure labels from chicken have been sanitized!). Divide students into groups and have the groups evaluate one category of labels to find similarities and differences between them, including

- amounts of fat, sodium, protein, fiber, vitamin A, vitamin C, vitamin E, vitamin D, potassium, or magnesium
- which food is the most convenient or easy to obtain
- which food is the most convenient or easy to prepare
- which foods have the longest shelf life or sell-by dates.

Have each group create a chart or poster outlining their findings.

Did you know?

Ingredients on product labels are listed from the greatest amount to the least amount.



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