

Activity #17: "Read It Before You Eat It!" (Ingredient Labels)

LANGUAGE
ARTS/HEALTH

Directions:

1. Ask students to bring in the packaging from their favorite snacks and locate the ingredient labels.
2. Have one student volunteer to list the ingredients of his/her snack on the chalkboard and have the class try to identify the different sugars, fats, and salts listed. Refer to table below for different sugars, fats, and salts found on labels.
3. Review what the main ingredient of a product is and how to figure out what it is. Explain that ingredients are listed in order by weight. (Refer to page 16, Activity #7 for more information.)
4. Copy and distribute **Activity Sheet #17** and have students individually investigate their snack products or have them work together in groups.

Different types of SUGAR:

beet sugar, brown sugar, corn syrup, dextrose, fructose, glucose, high fructose corn syrup, honey, invert sugar, maltose, molasses, sucrose

Different types of SODIUM:

(otherwise known as salt, may increase the risk of high blood pressure in some people)

disodium phosphate, monosodium glutamate (MSG), sodium benzoate, sodium bicarbonate (baking soda), sodium nitrite

Different types of FAT:

butter, canola oil, coconut oil, corn oil, cottonseed oil, hydrogenated and partially hydrogenated vegetable oils, lard, margarine, olive oil, palm oil, safflower oil, soybean oil, sunflower oil, vegetable shortening



Additional Activities:

Have students research the role and safety of food additives they find listed on ingredient labels such as colorings, flavorings, and preservatives.



"Read It Before You Eat It" (Ingredient Labels)

Name: _____ Activity Sheet #17

1. Name of snack: _____

2. Ingredients: _____

3. What do you think the main ingredient is? _____

4. Why? _____

5. How many types of sugar are listed? _____

6. Name the types of sugar: _____

7. How many types of fat are listed? _____

8. Name the types of fat: _____

9. How many types of sodium are listed? _____

10. Name the types of sodium: _____

11. Name the ingredients you think may be colorings, flavorings, and preservatives: _____
