Objectives: Propose ways, such as reading a nutrition label, to reduce or prevent health injuries.

Nutrition: The provision of food to cells and an organism that are necessary, to support life. Certain foods give the body better quality energy and nutrients than others. Q: How can we know which foods will give our bodies the best fuel? A: By reading the nutrition label! Say: Would you buy shoes without looking at the size first? Well, why do we buy food without looking at the nutrition label first?

UNIT: NUTRITION
ASSIGNMENT 1 (UNDERSTANDING FOOD LABEL TERMS)

ACTIVITIES

- Why Should You Read Food Labels?
  - Reading food labels will make it much easier for you to compare foods and find the foods that have the nutritional value your child needs. It will help you and your family make healthy choices about the foods you are buying. Food labels can help you limit the amount of fat, sugar and cholesterol in your diet by making it easy for you to compare one food item with another and choose the one with lower amounts. Conversely, you can use food labels to find food items higher in vitamins, fiber and protein. The nutritional information found on a food label is based on one serving of that particular food. That is one of the most common mistakes people make when reading food labels. A food label may indicate that a food has 100 calories and only 5 grams of sugar, for example. But if you look at the number of servings, it may state three. That means that if you were to eat the entire package, you would be getting three times the amount shown on the food label. In this example, 300 calories and 15 grams of sugar. Don’t be fooled, always look at what makes one serving (which the food label information is based on) and how many servings in that package!

- Read the following for different terms used on food labels:
  - [https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms](https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms)

- Watch the following:
  - [https://www.youtube.com/watch?v=I5a7EsHCVG4](https://www.youtube.com/watch?v=I5a7EsHCVG4)
  - [https://youtu.be/v0jfSaVFnE](https://youtu.be/v0jfSaVFnE)
  - [https://youtu.be/1EWtstZCFL4](https://youtu.be/1EWtstZCFL4)

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What is the difference between processed and unprocessed?
2. List two reasons, then describe why reading food labels is important.
3. What do "product dates" reveal on the food label?
4. What is another term used for sugar on a food label?
5. Find a food item in your pantry and explain two reasons for purchasing the product to improve the overall health of one of your family members?
6. Explain the 5/20 rule?

SUBMIT YOUR QUESTIONS IN WORD APA STYLE TO THE TEACHER BY 4/12/20 AT 8PM FOR NEXT TIME: