



“NUTRITION TALK”

Spring 2000

University of Rhode Island
Department of Food Science and Nutrition

Lesson Plan #3

Target Audience: Participants in Providence Public Library Literacy Class

Objectives:

- To identify low-cost/nutrient-dense fruits and vegetables
- To choose between 5 and 9 servings of fruits and vegetables daily
- To read and interpret the information available on a food label
- To read Sweet and Sour Cabbage recipe and taste sample

Time Allotted: 90 minutes

Preassessment: Ask students to identify favorite fruits and vegetables. List on board. Ask how many servings they typically eat in a 24-hour period and how many they should eat to keep healthy. Introduce the nutrition label and ask participants what purpose they think that it serves. Introduce vocabulary words – see list at right.

Content and Sequence:

**L
R
S**

1. Introduction and Background Information: With Food Guide Pyramid poster on board, point to second level of the pyramid and discuss why you need to eat 5 to 9 servings of fruit and vegetables every day (to get enough Vitamin A, C, and fiber—all of which help to keep you healthy, fight disease, and maintain a normal weight). Point out that fruits and vegetables that are the brightest in color contain the most nutrients. For example, dark green spinach has more nutrients than lightly colored iceberg lettuce.

Ask students to list those fruits and vegetables which are the most colorful. As a group, read *Change is Good* brochure, Section 3—“Low-Cost Vegetables” and Section 4—“Low-Cost Fruits.” Pass out actual boxes of juice and identify % of juice contained in each package. Explain that those with the highest percentage of fruit juice are the healthiest.

**L
R**

2. With large Nutrition Facts label on board, explain that a nutrition label is required on each food that contains more than one ingredient. The Nutrition Facts panel highlights a product’s content of fat, saturated fat, cholesterol, sodium, dietary fiber, Vitamins A and C, calcium and iron. (Refer to Food Label Glossary for definitions and further information.)

WORDS TO KNOW

label
ingredient
serving
calories
fat
saturated fat
cholesterol
sodium
carbohydrate
dietary fiber
protein
vitamin A
vitamin C
calcium
iron
percent
Daily Value
potatoes
cabbage

**L = Listening
S = Speaking
W = Writing
R = Reading**

L
R
S

3. The Nutrition Facts panel contains a column headed “% Daily Value.” The % Daily Value column shows how a food fits into the overall diet. It indicates the percentage of the recommended daily amounts contributed by a serving of the food for a person who consumes about 2000 calories a day on average.

Points of Discussion:

- Look at serving size. If you usually eat 2-3 times this much, how does this affect the rest of the values on the label?
- If you are trying to limit your fat, cholesterol or sodium, and you have 2 acceptable choices, select the product with the lower % Daily Value for these nutrients.
- When you want more fiber or specific vitamins or minerals, select the food with the higher % for that nutrient.

R
W

4. Pass out handout “An Apple a Day” and read together as a group. Compare calories, fat, fiber, and vitamin A, vitamin C, calcium and iron. Answer questions 1-4.

5. Pass out handout “Potatoes” and read. Answer questions and write answers at bottom of handout. Can complete either as a group or individually. Discuss correct answers as a group.

R

6. Hand out Sweet and Sour Cabbage recipe and read as a group. Taste sample if available.

Learning Activities: Group discussion of Fruits and Vegetables
 Reading Sections 3 and 4 of *Change is Good* brochure
 Group discussion of Nutrition Facts Label
 Label Reading Activity/Vitamin C and Fat Identification using “An Apple a Day” and “Potatoes” handouts
 Reading Sweet and Sour Cabbage recipe



Materials: *Change is Good* brochure
 Nutrition Facts Label poster
 Food Label Glossary (for teachers)
 Background information on Fruits and Vegetables (for teachers)
 Looking at Food Labels: An Apple a Day; Potatoes
 Sweet and Sour Cabbage recipe



Evaluation: Discussion with individuals
 Looking at Food Labels Worksheets

