

# Creating and Comparing Food Labels

## 8th Grade Family and Consumer Science



### Overview

This lesson will challenge students to use their knowledge of food labels to identify strengths and weaknesses of different foods to determine the best option for kids.

Time Needed: 2-3 class periods with option to do additional work outside of class.

### Standards:

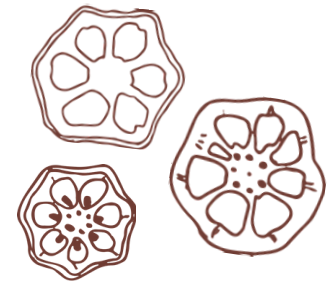
- MSFCS8–CD3: Nutrition and Food Science: Apply principles of nutrition and food science and their relationships to human growth, development, health and wellness using technology and hands-on experiences to support informed decision-making skills needed to maintain a healthy lifestyle.
  - 3.4 Compare and analyze “Nutrition Facts Labels” on a variety of food products.

### Objectives:

- Students will understand the process of creating a nutrition facts label and what each part means
- Students will evaluate which recipe would be a healthier choice based on the nutrition facts labels they produce.
- Students will write a lab plan to cook the healthiest recipe.
- Students will make their recipe and share it with their peers.

### Materials:

- Computers or laptops
- Access to the internet
- Okra and other ingredients for the lab.
- [FDA Interactive Food Label Review](#)
- [Food Label Educator’s Guide](#)
- Recipes either linked or copied for students to analyze:
  - <https://www.foodnetwork.com/recipes/quick-and-easy-southern-pickles-and-okra-7224345>
  - <https://www.foodnetwork.com/recipes/patrick-and-gina-neely/stewed-okra-and-tomatoes-recipe-1940585>
  - <https://cooking.nytimes.com/recipes/1013838-martha-rose-shulmans-roasted-okra>
  - <https://weelicious.com/okra-nuggets/>



### Outline:

- Engage: Students will review the [food label and its parts](#).
- Explore: Students will explore the food label generator by creating a food label for one of the recipes above.
- Explain: Teacher will explain the key concepts of what we should be looking for on the food label to determine which is the better choice using the 5/20 rule.
- Extend: Students can make their recipe and have a taste test.

