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.

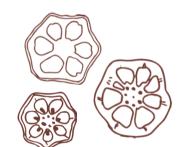
Materials:

- 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-tomatoesrecipe-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.





Middle School

Science



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8th Grade Family and Consumer Science



Lesson Plan:

- Engage: Students will be given the <u>Food Label Infographic</u> and they will be asked what words they already know on the label. They can highlight the words they are not familiar with.
- Explore: Let the students explore the interactive food label on the FDA website.
- Explain: Teacher will explain that students will be creating their own food labels for a recipe containing okra. Share the <u>health and nutritional benefits of okra.</u>
- Extend: Students will create a food label for their recipe. They will need to print it out, share it
 digitally, or draw one big enough for the class to see.
- Evaluate: Students will evaluate labels to determine which would be the healthiest option. They will then create the recipes and have a taste test to determine which is the best tasting dish.



Lesson written by: Brooke Lewis-Slamkova Apalachee High School Educator and Maple Park Homestead Farmer



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• multiple class periods

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