

**Supplementary Activity:
Choosing Smart; Choosing Healthy**

Supplies Needed:

- Pencil or pen
- Choosing Smart: Choosing Healthy worksheet

Length of Time to Complete:

- 10 to 15 minutes

Audience (grades) : 5th

Common Core Standards:

- English Language Arts: Literacy: W.5.2d
 - Use precise language and domain-specific vocabulary to inform about or explain the topic.
- English Language Arts: Literacy: W.5.1A
 - Introduce a topic or text clearly, state an opinion, and create an organizational structure in which ideas are logically grouped to support the writer's purpose

Lesson:

This month we learned how to read nutrition labels on food packaging. We learned how to identify serving size, number of servings in a package, and four of the key nutrients in the food item, including fat, sodium, fiber, and sugar.

When choosing a snack, we want to look at the amount of fat, sodium, and sugars listed on the nutrition label, and choose the snack that has the least amount of each of these. These are all important nutrients that provide energy and proper fluid and electrolyte balance for our bodies. We just need to remember we don't need to eat too much of these nutrients. Try to choose snacks that have less than 10 %DV of saturated fat and no trans fat. Choose the snack with the least sodium and sugar when possible.

It is important to remember that fiber is one of the nutrients that we want to increase in our daily diet. So when selecting a snack, consider choosing one that has at least 3 grams of fiber or more per serving.

With this information, we can make better choices when choosing our snacks by reading the nutrition labels and evaluating the nutrients in each snack.

Today we are going to write a “Choosing Smart: Choosing Healthy” essay. Write an essay of at least 6 sentences. Use the information that you have learned about reading nutrition labels and choosing Go Food snacks. Select one or two words from the word bank at the top of the page to include in each of your sentences.



Choosing Smart: Choosing Healthy

Name: _____

Date: _____

Word Bank:

nutrition label

serving size

number of servings

total fat

%DV

saturated fat

trans fat

sodium

fiber

sugar

go food

partially hydrogenated

slow food

salt

healthy snack

Instructions: Write an essay of at least 6 sentences. Use the information that you have learned about reading nutrition labels and choosing go food snacks. Select one or two words from the word bank at the top of the page to include in each of your sentences.