

**ACTIVITY**

**Decoding Label Lingo**

**Directions:** Study the following list of label terms. Then use the information to answer the questions.

<b>Term</b>	<b>Definition</b>
Added	A nutrient or fiber has been added to make the food more nutritious.
Free or No	The food contains an insignificant amount or none of a specific item, such as calories, sodium, fat, or cholesterol.
Good Source	The food contains 10 to 19 percent or more of the Daily Value for a certain nutrient.
Healthy	The food is low in fat, saturated fat, and sodium, and contains at least 10 percent of the Daily Value of iron, calcium, protein, fiber, and vitamins A and C.
High	Contains 20 percent or more of the Daily Value for a certain nutrient.
Lean or Extra-Lean	The food is lower in fat, saturated fat, and cholesterol compared with a standard serving of the traditional food.
Light	The food has one-third fewer calories or 50 percent less fat than the traditional food.
Low	The food contains only a small amount of a specified item, such as calories, sodium, fat, or cholesterol.
Reduced	The food contains at least 25 percent less fat, saturated fat, sodium, cholesterol, or calories than similar foods.

- Wayland has been advised by his doctor to cut fat from his eating plan. Which container of yogurt will help him most: one labeled “light” or one labeled “reduced fat”? Why?  
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- Danielle ate two servings of oatmeal that is labeled “high in protein.” How much of her Daily Value for protein did she get from the oatmeal?  
\_\_\_\_\_
- Derrick is trying to lower his sodium and fat intake, while still getting enough protein and iron. Is a cereal labeled “a healthy food” a good choice for Derrick? Why?  
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- Halle prefers snacks that are low in sugar and calories. In the grocery store, Halle finds some candy that is labeled “fat-free.” Does this food meet her requirements for a snack? Explain your answer.  
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**ACTIVITY**

**It's on the Label**

**Directions:** Study the labeling information for Broccoli & Cheese Soup with Rice below. Then use the label information to answer the questions on the next page.

**Broccoli & Cheese Soup with Rice**

**Cooking Directions**

1. Measure 3 cups cold water and 2 Tbsp. butter or margarine into a medium saucepan. Gradually stir in the contents of seasoning packet with fork or wire whisk.
2. Add rice and bring to a boil over medium heat, stirring frequently.
3. Reduce heat and simmer (gently boil) uncovered for 11 minutes. Stir occasionally, scraping bottom and sides of pan.



<b>Nutrition Facts</b>			
Serving Size 1.5 oz. (42 g / About 1/4 package)			
Servings Per Container about 4			
Amount Per Serving			
Calories 110		Calories from Fat 20	
% Daily Value*			
Total Fat	2 g		3%
Saturated Fat	1 g		6%
Cholesterol	5 mg		2%
Sodium	680 mg		28%
Total Carbohydrate	19 g		6%
Dietary Fiber	1 g		2%
Sugars	2 g		
Protein	3 g		
Vitamin A	4%	Vitamin C	15%
Calcium	6%	Iron	2%
Thiamin	4%	Folic Acid	6%
* Percentage Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
	Fat	9	Carbohydrates 4 • Protein 4

**Ingredients:** Precooked long grain rice enriched with iron (ferric orthophosphate), thiamin (thiamine mononitrate), and folic acid; whey; cheddar, parmesan, and romano cheeses (milk cultures, salt, enzymes); modified corn starch; vegetables\* (broccoli, onion, parsley); hydrolyzed soy/wheat gluten protein; salt; partially hydrogenated soybean oil; lactic acid; enriched wheat flour; disodium phosphate; nonfat milk\*; maltodextrin; xanthan gum; sunflower oil; autolyzed yeast extract; disodium inosinate and disodium guanylate; natural flavor; mustard flour; citric acid; turmeric (color); butter; paprika. \*(dried)

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**It's on the Label** continued

1. What changes could you make in the preparation of the Broccoli & Cheese Soup with Rice to reduce its fat content?

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2. List the nutrients (if any) with which Broccoli & Cheese Soup with Rice has been enriched.

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3. List the nutrients (if any) with which Broccoli & Cheese Soup with Rice has been fortified.

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4. If you ate two servings of the Broccoli & Cheese Soup with Rice:

How many grams of fat would you take in? \_\_\_\_\_

What percentage of the Daily Value for calcium would you get? \_\_\_\_\_

What percentage of the Daily Value for fiber would you get? \_\_\_\_\_

5. What is the main ingredient in the Broccoli & Cheese Soup with Rice? How do you know?

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## Shopping for Food

# What's the Unit Price?

**Directions:** Read the situations described below. Calculate the unit price of each product. Then tell which product you would recommend buying and explain why.

Laura is buying oatmeal. She serves it several days a week for breakfast and makes oatmeal cookies often. The grocery store has 18 oz. for \$1.79 and 42 oz. for \$2.98. Which should Laura buy?

1. Unit price:

18 oz. \_\_\_\_\_ 42 oz. \_\_\_\_\_

2. Recommendation: \_\_\_\_\_

3. Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sergio is buying potatoes for his family. He finds a 5 lb. sack of potatoes for \$1.99 and a 20 lb. sack for \$4.99. Sergio has plenty of room to store the larger sack, but his family doesn't eat many potatoes. Which should Sergio buy?

4. Unit price:

5 lb. sack \_\_\_\_\_ 20 lb. sack \_\_\_\_\_

5. Recommendation: \_\_\_\_\_

6. Explanation: \_\_\_\_\_

\_\_\_\_\_

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Anvita is buying canola oil. A 24-ounce bottle costs \$2.19. A 48-ounce bottle is \$2.89. She is concerned that the larger bottle might be too tall to fit on the shelf where the oil is kept. The family does little baking, but has a stir-fry at least twice a week.

7. Unit price:

24 oz. bottle \_\_\_\_\_ 48 oz. bottle \_\_\_\_\_

8. Recommendations: \_\_\_\_\_

9. Explanation: \_\_\_\_\_

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