

What's in the Bag?

NHES Standard 3 Students will demonstrate the ability to access valid information, products, and services to enhance health.

Teaching Objectives

- Analyze the nutritional information provided on food labels
- Demonstrate ability to evaluate nutritional information to make healthful food choices

Teaching Strategies

- Collect nutrition labels prior to this activity.
- Place students into groups of four or five. Give each group one brown paper grocery bag with 7–10 nutrition labels inside. Identify each bag with a number (#1, #2, etc.)
- Have students follow the steps in the hands-on activity “What’s in the Bag?”
- Give each group five minutes to analyze the nutrition labels inside the bag and select the healthiest food item. After students have written down their item and three reasons supporting their choice, instruct students to pass the bag clockwise to the next group and repeat the sequence until all groups have analyzed the items in each bag.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Cites specific sources
- ✓ Evaluates the validity of the source of information
- ✓ Analyzes the nutritional value of foods
- ✓ Demonstrates rationale for the appropriateness of their choices

Hands-On HEALTH

Activity What's in the Bag?

Your group is opening a health food store and is looking for healthful foods to stock the store. Working in groups, pass around grocery bags containing nutrition labels. After reviewing the Nutrition Facts information in this chapter, analyze each label, and choose one food item from each bag to add to your store’s inventory.

What You'll Need

- paper and pen or pencil
- one brown paper grocery bag per group
- seven to ten nutrition labels per bag

What You'll Do

Step 1

Choose a grocery bag for your group. Analyze the Nutrition Facts panel on each label and choose one.

Step 2

Write down the name of the food item and three reasons to support your group’s choice.

Step 3

Exchange the bag with another group. Repeat steps 2 and 3 until you’ve selected one item from each bag.

Apply and Conclude

Describe your choices to the class. Include the reasons why your group selected each food item for your store.

Checklist: Accessing Information

- ✓ Did I access specific information from food labels?
- ✓ Did I use information on the labels to analyze the nutritional values of foods?
- ✓ Can I show that my choices are healthful?



Health Literacy

What does the term *vegetarian* mean? *Vegetarian* refers to a type of eating plan that excludes certain animal-based foods. There are many types of vegetarian eating plans. A **vegan** eating plan includes only plant-based foods, such as vegetables, fruit, nuts, seeds, and grains. A **lactovegetarian** eating plan includes plant-based foods as well as dairy products such as cheese and milk. A **semi-vegetarian** eating plan omits red

meat but includes other animal-based and plant-based foods.

People choose *vegetarian* eating plans for a variety of reasons. It is important to talk to a doctor before beginning a vegetarian eating plan to ensure that you are getting the right amounts of essential nutrients