

## Chapter 10 Lesson 4: Nutrition Labels and Food Safety

### Introduction:

In this chapter, you've learned about how to develop a healthful eating plan that is right for you. To choose healthful foods, you need to know what nutrients are in the foods you eat. One way to find this information is to read the Nutrition Facts labels packaged foods. What can you learn from these little labels? Visit this Web site to find out.

### Links to explore:

#### How to Understand and Use the Nutrition Facts Label

<http://www.cfsan.fda.gov/~dms/foodlab.html>

### Directions:

- Read through the information sheet on understanding and using Nutrition Facts labels.
  - Then answer these questions:
1. What's the first thing to look for on a nutrition label and why?
  2. How many calories is considered high for a single serving of food?
  3. All Americans should limit their intake of certain nutrients found on the Nutrition Facts label. Which ones are they?
  4. The Percent Daily Value (%DV) listed on a food label is based on a diet that contains a specific number of calories per day. How many?
  5. What Percent Daily Value (%DV) for any given nutrient is considered low? What %DV is considered high?
  6. In an ingredient list, added sugars can go by many different names. List five of them.

### Answers:

1. The serving size and the number of servings per package are the first things to look for, because all other nutrition information on the label is listed in terms of the amount per serving.
2. 400 calories
3. Fat, saturated fat, *trans* fat, cholesterol, and sodium
4. 2,000 calories
5. Five percent or less is low; 20 percent or more is high.
6. Any five of the following:
  - Sugar
  - Corn syrup

- High-fructose corn syrup
- Fruit juice concentrate
- Maltose
- Dextrose
- Sucrose
- Honey
- Maple syrup

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**Food Label Quiz**

<http://www.cfsan.fda.gov/~dms/flquiz1.html>