

Lesson #9: Just Say Yes to... Nutrition Facts Labels!

Lesson Materials

- Empty containers or Nutrition Facts Labels from a variety of fruit and vegetable products (canned, frozen, dried, juice, etc.)
- *Nutrition Facts Label* poster (optional)
- Giant flip pad & markers (optional)
- Ingredients and supplies to prepare and serve JSY recipe

Duration of Lesson

Welcome:	2 minutes
Icebreaker:	5 minutes
Introduction:	10 minutes
Activity 1:	15 minutes
Activity 2:	15 minutes
Recipe:	20-40 minutes
Closing:	5 minutes

Take Home Items

- *Nutrition Facts Label* JSY handout
- JSY recipe
- JSY incentive

To Find Out More

- [USDA Center for Food Safety and Applied Nutrition *How to Understand and Use the Nutrition Facts Label*](#)
- [International Food Information Council *Lesson 1: Read Any Great Labels Lately?*](#)

Objectives

At the completion of the workshop, participants will be able to:

- Identify the information available on Nutrition Facts Labels.
- List the benefits of evaluating the nutrient content of food using the Nutrition Facts Label.
- Make healthy food choices using the information on the Nutrition Facts Label.

Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
 - This is a safe learning environment.
 - No one will be called on. Participants have a "voice by choice."
 - Please stay until the end, complete survey and receive incentive.

Icebreaker

- Ask participants to imagine themselves in the grocery store looking at all the food on the shelves. What information do they want to know about the food they buy?
- Have participants work in pairs and describe to their partner what information is important to them. As an option, participants can write their responses on sticky notes.
- Invite the group to share what they talked about. Post their sticky notes or write their responses on a giant flip pad. Point out that some of this information can be found on food labels.

Introduction

- Distribute the *Nutrition Facts Label* handout and/or use poster to review the information listed. Highlight the following:
 - Serving size—Point out that all information on the Nutrition Facts Label is based on ONE serving
 - Calories—Based on one serving. How many servings are in this package?
 - Fat, saturated fat, trans fat, cholesterol, sodium, fiber and the reference nutrients (vitamin A, vitamin C, calcium and iron).
- Highlight % Daily Values and explain how these numbers can be used as a quick guide to show us foods that are good or poor sources of a particular nutrient.
- Point out any similarities between the information participants named in the Icebreaker and the information found on the Nutrition Facts Label.

Reading Labels (Activity 1)

- Ask participants to work in pairs and select a food package from a grocery bag or hand out food labels from a variety of fruit and vegetable products.
- Ask participants to work with their partner for a few minutes and locate the serving size, calories and other nutrients on the label using the *Nutrition Facts Label* handout as a guide. Walk around the room and offer assistance as needed.
- As a whole group, ask participants to identify if their product/food label is high or low in key nutrients. For example ask, "Who has a product that is high in sodium or salt?" "How much sodium does it have?" "What is the % Daily Value?" "Who has a product that is high in vitamin A?"
- Use several examples and offer assistance and guidance as needed.

Take Away Task

- Ask the group, "What information will you look for on the Nutrition Facts Label the next time you go shopping?" Invite participants to share their ideas with the group.

Making Healthy Choices (Activity 2)

- Refer again to the *Nutrition Facts Label* handout and/or poster. As a whole group compare the JSY Minestrone soup and the canned soup.
- Guide the group through the process of comparing products. For example, ask the group, "Which product is higher in fiber (fat, sodium, etc.)?"
- Have participants work with a partner. Pass out two food labels or empty food packages to each partner group to compare. Partners could compare plain frozen vegetables with frozen vegetables in sauce, fruit canned in juice with fruit canned in heavy syrup, etc.
- Ask each pair to compare their food labels and discuss with their partner which product is the healthier choice and why.
- After a few minutes, invite participants to share with the group the products they compared.

Take Away Task

- Ask the group, "How might this information help you make healthy food choices the next time you go shopping?" Invite participants to share their ideas with the group.

Demonstrate a JSY Recipe

- Announce JSY allergy disclaimer.
- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.

Suggested Recipe Talking Points

- Discuss different forms of fruits and/or vegetables that could be used in the recipe. Compare the Nutrition Facts Labels for the different forms.
- Pass around any food labels from the products used in the recipe and discuss the information found on it.
- Ask participants if or how they might change this recipe at home for their families.

Closing

- Summarize key points in lesson.
- Ask participants, "What are your questions?"
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.