

Healthy Choices

Grades
6–8

A Positive Approach to Healthy Living

- Self-management
- Diet
- Exercise



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HEALTHY CHOICES

Foreword

Living in a modern technological society can have detrimental effects on our health. On average, we are less active and consume far more fast food than is recommended by health experts. These kinds of habits are causing health problems like obesity and diabetes to develop much earlier in life than ever before. It is up to adults to guide and encourage children to live in a healthy way.

Healthy Choices, 6–8 aims to increase students' awareness of healthy lifestyles, helping them to develop positive habits that will stay with them into adulthood.

The book is divided into four sections:

- A Healthy Lifestyle
- A Healthy Diet
- Exercise and Fitness
- Self-Management

Other titles in this series are:

- *Healthy Choices, 1–3*
- *Healthy Choices, 4–5*

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NUTRITIONAL INFORMATION LABELS

Indicators

- Reads information about nutritional information on packaged food.
- Answers questions about nutritional information on packaged food.

Teacher information

- Federal and state laws require food manufacturers to accurately represent what their products contain. A nutritional information panel is displayed on the packaging of foods. This table usually lists the ingredients of the packaged food; the quantities per serving; the number of servings in the package; the number of calories; the levels of protein, the total grams of fat per serving, (including saturated fat); carbohydrates, sugar (both natural and added), dietary fiber, sodium (salt), and cholesterol.
- People use food nutritional panels for a number of reasons. It enables them to compare similar foods, allows them to select foods based on the nutritional content and to select the best foods for their diet and health.
- Read the information text with the students. They can then complete the questions independently. The answers could be discussed as a class.

Additional activities

- Create a nutritional panel for an unhealthy food that you think is fair and clear for customers.
- Use the Internet to find out how much sugar, fat, etc., is in your favorite packaged foods. Compare the results with other brands.

Answers

Answers will vary

Nutritional Information Labels

You will find nutritional information on most packaged food at the supermarket. Nutrients that must be specified according to government regulations include calories, protein, fat (total and saturated) and carbohydrates (total and sugars). Other nutrients such as dietary fiber or vitamins may also be listed.

Some food packages will also make claims like "reduced fat" or "low salt." This can help you to choose healthy food. However, you also need to be wary of this information.

"Reduced fat" does not necessarily mean the food is low in fat.

91% fat free means the food is 9% fat!

A food with less than 5 g of sugars, 3 g of fat and 120 mg of sodium (salt) per 100 grams is reasonably healthy.

Sugar, salt and fat can be called other names. For example, sugar can be listed as sucrose or dextrose; fat as lard or shortening; salt as sodium or soy sauce.

Choc Light Reduced fat cookies 91% fat free Nutritional information		
Servings per package: 24		
Serving size: 10.4 g (1 cookie)		
	Per serving: 10.4 g	Per 100 g
Calories	240	1846
Protein	0.37 g	3.6 g
Fat, total	0.94 g	9 g
– saturated	0.31 g	3.1 g
Carbohydrates, total	8.5 g	83 g
– sugars	4.1 g	41 g
Dietary fiber	0.14 g	1.3 g
Sodium	40 mg	386 mg

"Light" or "lite" may not mean the food is low in fat. It could mean it has a light color or taste!

The contents of the food is shown "per serving" and "per 100 g." It is better to look at the "100 g" column because the serving size may be more or less than what you would eat in one helping.



1. Imagine that your parents have sent you to the supermarket to buy groceries. One of the items on their list is "healthy chocolate cookies."

(a) Would you buy Choc Light cookies? YES NO

(b) Explain your decision. _____

2. Name one other regulation you think should apply to nutritional information panels.

HEALTH CHALLENGE

Before you buy a packaged food at the supermarket, compare the fat, salt and sugar content of the different brands. You may be surprised at the difference!

