

OALCF Task Cover Sheet

Task Title: Comparing Nutrition Labeling

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes___ No___	
Goal Path: Employment___ Apprenticeship___ Secondary School___ Post Secondary ___ Independence ✓	
Task Description: The learner will compare the Nutrition Facts labels of similar products.	
Competency: A: Find and Use Information B: Communicate Ideas and Information C: Understand and Use Numbers	Task Group(s): A1: Read continuous text A2: Interpret documents B2: Write continuous text C4: Manage data
Level Indicators: A1.1: Read brief texts to locate specific details A2.2: Interpret simple documents to locate and connect information B2.1: Write brief texts to convey simple ideas and factual information C4.1: Make simple comparisons and calculations	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• Learner information and instruction (next page)• Using the Nutrition Facts Table: % Daily Value (following Learner information and instructions)• Nutritional Facts labels (page following Nutrition Facts Table: % Daily Value)• Pen or pencil	

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Learner Information and Tasks:

For these tasks you will be comparing Nutrition Facts labels. Read the Health Canada's Nutrition Facts Table: % Daily Value sheet.

Use the chips and cereals labels to answer the questions below.

Task 1: Compare the serving size of the two brands of chips. Calculate the difference between the two types of chips serving sizes in number of chips and grams.

Task 2: If you were on a low-sodium diet, which chips should you choose? _____

Task 3: Do either brand of chips have what Health Canada's Nutrition Facts Table considers a lot of fat? If so, explain which and why you think so? _____

Task 4: Do either brand of chips have what Health Canada's Nutrition Facts Table considers a little fibre? If so, explain which and why you think so? _____

Task 5: If you were counting calories, which chips would be a better snack? Why?

Task 6: Compare the serving size of the two kinds of cereal by both cups and weight. Calculate the difference between the two cereals using both cups and weight.

Task 7: Eating too much sodium is linked to high blood pressure. Which cereal has the least sodium? _____

Task 8: Do either of the cereals have what Health Canada's Nutrition Facts Table considers only a little fibre? If so, explain which and why you think so? _____

Task 9: Too much sugar can also be harmful. Which cereal has the least sugar? _____

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Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food — Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2 READ the % DV — The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
 15% DV or more is a **LOT** } This applies to all nutrients.

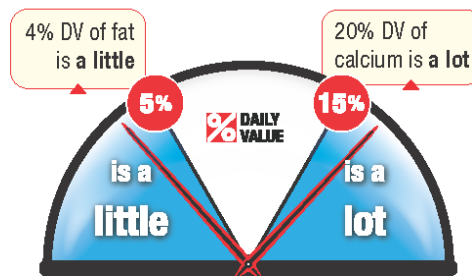
3 CHOOSE
 Make a better choice for you. Here are some nutrients you may want...

- | | |
|----------------------------|----------------|
| less of | more of |
| • Fat | • Fibre |
| • Saturated and trans fats | • Vitamin A |
| • Sodium | • Calcium |
| | • Iron |

Here is an example of how to choose:
 You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has a **little** fat (4% DV) and a **lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt

Amount	% Daily Value
Calories 160	
Fat 2.5 g	4%
Saturated 1.5 g + Trans 0 g	8%
Cholesterol 10 mg	
Sodium 75 mg	3%
Carbohydrate 25 g	8%
Fibre 0 g	0%
Sugars 24 g	
Protein 8 g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%



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 Également disponible en français sous le titre : Utilisez le tableau de la valeur nutritive : % de la valeur quotidienne.
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Pair #1 Chips labels

Product A: Lays Potato Chips

Product B: Special K Cracker Chips

Nutrition Facts	
Valeur nutritive	
Per 27 chips (50 g) pour 27 croustilles (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 17 g	26 %
Saturated / saturés 1.5 g + Trans / trans 0 g	9 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 330 mg	14 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Nutrition Facts	
Valeur nutritive	
Per 20 crackers (20 g) pour 20 craquelins (20 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 150 mg	6 %
Potassium / Potassium 120 mg	3 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Pair #2 Cereal labels

Product C: Corn Pops

Product D: Spoon Size Shredded Wheat

Nutrition Facts			
Serving Size: 1 (1 cup, 32 grams)			
Amount Per Serving			
Calories	120	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	29g		10%
Dietary Fiber	3g		12%
Sugars	12g		
Protein	1g		2%
Calcium			
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
*Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Nutrition Facts			
Serving Size: 1 (1 cup, 49 grams)			
Amount Per Serving			
Calories	170	Calories from Fat	9
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	40g		13%
Dietary Fiber	6g		24%
Sugars	0g		
Protein	6g		12%
Calcium			
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
*Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

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Answer Key

Answers will vary but should include some of the following comparisons.

- Task 1:** 7 chips (difference or 35% more). By weight they are 30 g difference (A is 150% more than B or 30 g).
- Task 2:** B. Special K Cracker Chips (as they have only 6% DV (120 mg) while A. Lays have 14% DV (330 mg))
- Task 3:** A. Lays Potato Chips have 26% DV. 15% DV or more is considered “a lot”.
- Task 4:** Both products have only 4% DV. 5% DV or less is considered “a little”.
- Task 5:** Answers will vary, but learner should have noted that, even taking into account the difference in weight, B. Special K Cracker Chips have much fewer calories.
- Task 6:** They are both the same serving size at 1 cup, Product D. Spoon Size Shredded Wheat weighs 17 g (53%) more than C.
- Task 7:** D. Spoon Size Shredded Wheat has no sodium.
- Task 8:** No. (They both have more than the 5% DV which is the start point of “a little”. Product D. at 24% DV, actually would be considered “a lot” as it is over 15 %.)
- Task 9:** D. Spoon Size Shredded Wheat has no sugar, while C. Corn Pops has 12g.

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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A1.1	<ul style="list-style-type: none"> reads short texts to locate a single piece of information 			
	<ul style="list-style-type: none"> follow simple, straightforward instructional texts 			
A2.2	<ul style="list-style-type: none"> Performs limited searches using one or two search criteria 			
	<ul style="list-style-type: none"> Extracts information from tables and form 			
	<ul style="list-style-type: none"> Uses layout to locate information 			
	<ul style="list-style-type: none"> Makes connections between parts of documents 			
	<ul style="list-style-type: none"> Makes low-level inferences 			
B2.1	<ul style="list-style-type: none"> writes simple texts to request, remind or inform 			
	<ul style="list-style-type: none"> conveys simple ideas and factual information 			
	<ul style="list-style-type: none"> uses highly familiar vocabulary 			
C4.1	<ul style="list-style-type: none"> adds, subtracts, multiplies and divides whole numbers and decimals 			
	<ul style="list-style-type: none"> Recognizes values in number and word format 			
	<ul style="list-style-type: none"> Identifies and compares quantities of items 			
	<ul style="list-style-type: none"> Understands numerical order 			

This task: was successfully completed ___ needs to be tried again ___

Learner Comments

Instructor (print)

Learner Signature