

OALCF Task Cover Sheet

Task Title: Understand nutritional labels to plan a healthy lunch

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ___ No ___	
Goal Path: Employment___ Apprenticeship___ Secondary School___ Post Secondary___ Independence✓	
Task Description: It's important to read and understand nutritional labels in order to plan and prepare healthy meals. In this task, the learner will read a selection of nutritional labels and nutritional information to plan a healthy lunch.	
Competency: A. Find and Use Information B. Communicate Ideas and Information D. Use Digital Technology (optional)	Task Group(s): A1: Read continuous text A2: Interpret documents B3: Complete and create documents n/a
Level Indicators: A1.2: Read texts to locate and connect ideas and information A2.3: Interpret somewhat complex documents to connect, evaluate and integrate information B3.2a: Use layout to determine where to make entries in simple documents D.2: Perform well-defined, multi-step digital tasks (optional)	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• A variety of food with nutritional labels or just labels• A variety of other fresh/non-processed food with no labels• Access to a computer with internet• Nutritional Fact Sheets• Food and Nutrition Tracker• Paper/pen	

Instructor's Preparation: Prior to doing this activity you may want to devote some class time to reviewing Canada's Food Guide and understanding nutritional labels. One good resource is <http://www.has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf> which can be printed or reviewed on screen with the whole class.

For the activity, set up an area in the classroom with a wide variety of food items with nutritional labels as well as fresh items with no labels. If space is an issue you can just have the food labels and get pictures of the food from grocery store flyers or magazines. You can have the learners bring in the food and/or labels or provide them yourself. Examples can include fresh fruit and vegetables, cookies, granola bars, nuts, crackers and cheese. Distribute the Nutritional Fact Sheets and Food and Nutrition Tracker.

Special Note: If Task 3 is too difficult based on the computer skills of your learner you can delete tasks 3, 4 and 5 and provide the nutritional information of the fresh items to your students.

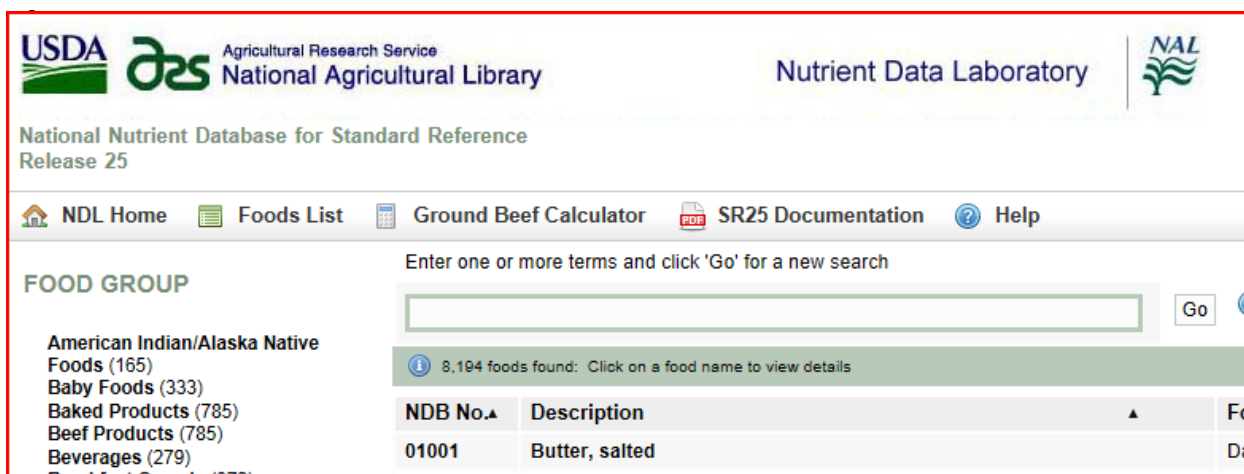
Task title: Understand nutritional labels to plan a healthy lunch

It's important to read and understand nutritional labels in order to plan and prepare healthy meals.

Task 1: Read the Nutritional Fact Sheets to understand nutritional labels. Which nutrients should you get less of?

Task 2: View the food with nutritional labels (or just the labels) and write the calories, fat, fibre, sugar and salt content of each item on your Food and Nutrition Tracker sheet.

Task 3: Open the internet connection on your computer and enter the website <http://ndb.nal.usda.gov/ndb/foods/list> into the browser to find the Nutrient Data Laboratory. Using the search box on the screen or the food categories on the left side of the screen, locate one of the fresh items from the classroom table that doesn't have a 1



USDA Agricultural Research Service National Agricultural Library Nutrient Data Laboratory

National Nutrient Database for Standard Reference Release 25

NDL Home Foods List Ground Beef Calculator SR25 Documentation Help

FOOD GROUP

Enter one or more terms and click 'Go' for a new search

American Indian/Alaska Native Foods (165)
Baby Foods (333)
Baked Products (785)
Beef Products (785)
Beverages (279)

8,194 foods found: Click on a food name to view details

NDB No.▲	Description	Fo
01001	Butter, salted	Da

Task 4: Once you have found the fresh item, scroll through the screen and write the calories (energy), fat, fibre, sugar and salt content of the item onto your Food and Nutrition Tracker sheet.

Task 5: Repeat tasks 3 and 4 for all the fresh items on the classroom table. Exit the Nutrient Data Laboratory website when done.

Task 6: Review the nutritional values of the foods you have written. Refer to the Nutrition Fact Sheets for information about understanding daily value %. Highlight or circle four items on your Food and Nutrition Tracker that you would pick for your healthy lunch.

Take 5 to read the facts

Got 5 minutes? Follow these 5 easy steps to read the Nutrition Facts table.

1 Serving size

If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed. Always compare the serving size on the package to the amount that you eat.

2 Calories

Calories tell you how much energy you get from one serving of a packaged food.

3 Percent Daily Value (% Daily Value)

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

4 Get less of these nutrients:

- Fat, saturated fat and trans fat
- Cholesterol
- Sodium

Choose packaged foods with a *low* % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.

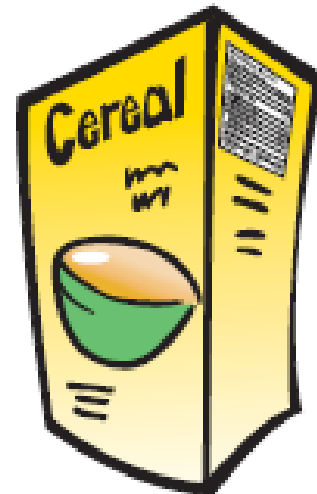


5 Get more of these nutrients:

- Fibre
- Vitamin A and Vitamin C
- Calcium
- Iron

Choose packaged foods with a *high* % Daily Value of these nutrients. If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.

Nutrition Facts			
Per 1 cup (55 g)			
Amount			% Daily Value
Calories	220		
Fat	2 g	3 %	
Saturated	0 g	0 %	
+ Trans	0 g		
Cholesterol	0 mg		
Sodium	270 mg	11 %	
Carbohydrate	44 g	15 %	
Fibre	8 g	32 %	
Sugars	16 g		
Protein	6 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	40 %



Healthy Eating is in Store for Your Future generation. In sales presentations.

Using percent Daily Value (% Daily Value)

Use % Daily Value to find out if there is a little or a lot of a nutrient in one serving of a packaged food.

What is % Daily Value?

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

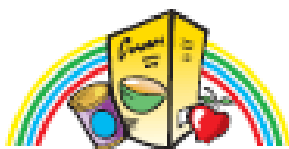
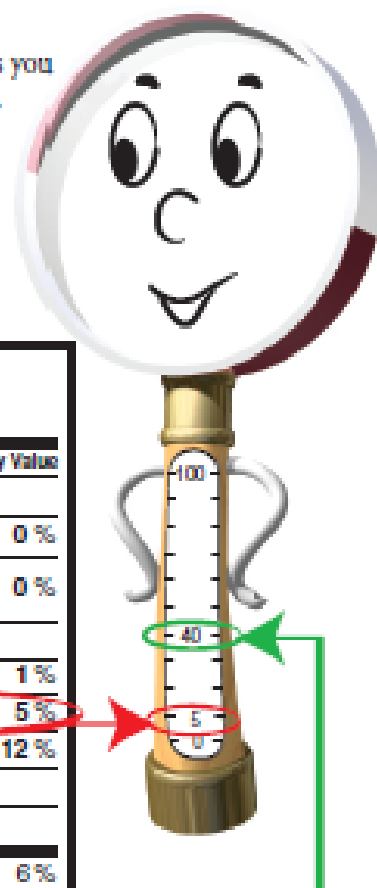


What is a *little* and what is a *lot*?

Let's look at the % Daily Value on the Nutrition Facts table for this package of vegetables:

- One serving has 5% Daily Value for carbohydrate. This is a *little* because it is *low* on the scale.
- One serving has 40% Daily Value for Vitamin A. This is a *lot* because it is *high* on the scale.

Nutrition Facts	
Per 1/2 cup (85 g)	
Amount	% Daily Value
Calories 60	
Fat 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 35 mg	1 %
Carbohydrate 14 g	5 %
Fibre 3 g	12 %
Sugars 0 g	
Protein 3 g	
Vitamin A 40 %	Vitamin C 6 %
Calcium 2 %	Iron 8 %



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Make healthy food choices by using % Daily Value.

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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	<ul style="list-style-type: none"> scans text to locate information 			
	<ul style="list-style-type: none"> locates multiple pieces of information in simple texts 			
	<ul style="list-style-type: none"> follows the main events of descriptive, narrative and informational texts 			
A2.3	<ul style="list-style-type: none"> performs complex searches using multiple search criteria 			
	<ul style="list-style-type: none"> manages unfamiliar elements (e.g. vocabulary, context, topic) to complete tasks 			
	<ul style="list-style-type: none"> integrates several pieces of information from documents 			
	<ul style="list-style-type: none"> compares or contrasts information between two or more documents 			
	<ul style="list-style-type: none"> uses layout to locate information 			
	<ul style="list-style-type: none"> identifies the purpose and relevance of documents 			
	<ul style="list-style-type: none"> makes inferences and draws conclusions from information displays 			
	<ul style="list-style-type: none"> identifies sources, evaluates and integrates information 			
B3.2a	<ul style="list-style-type: none"> uses layout to determine where to make entries 			
	<ul style="list-style-type: none"> begins to make some inferences to decide what information is needed, where and how to enter the information 			
D.2	<ul style="list-style-type: none"> selects and follows appropriate steps to complete tasks 			
	<ul style="list-style-type: none"> makes low-level inferences to interpret icons and text 			

This task: was successfully completed____ needs to be tried again____

Learner Comments

Instructor (print)

Learner Signature