



Read It Before You Eat It!

The Nutrition Facts Label

Lesson 3 at a Glance

Play Active Opening Games – 10 minutes

Bridge from Lesson 2 – 3 minutes

Anchor – 5 minutes

- Show children cans without labels.
- Ask what they'd need in order to know what's inside – the label.

Add – 10 minutes:

- Use Poster 3-1 to point out where to find information about total fat and sugar on the Nutrition Facts Label.

Apply – 10-15 minutes

- Children pull salty snack packages from a grab bag and line up in order of lowest to highest grams of fat in the items.
- Children pull sweet snack packages from grab bags and line up in order of lowest to highest sugar.

Away – 5 minutes

- Ask children to choose a Healthy Step to use food labels as they choose what to eat this week.

Bridge to Lesson 4 – 2 minutes

Play Active Closing Games – 10 minutes

Food Prep – 10-20 minutes

Lesson Details

Time: 70 – 90 minutes

Learners will:

- Practice reading Nutrition Facts Labels for fat and sugar

Opening Active Play Games:

Snap
Stretching Mirrors

Closing Active Play Games:

Link Up Tag
Fitness Leaders

Handout:

3-1 Family Newsletter

Visual Aids:

Scanned Food Packages (CHFFF Website)

Posters:

2-3 Lesson 2 Healthy Step Goal-Setting
3-1 Read the Label: Cookies
3-2 Take a Healthy Step Goal-Setting

Food Prep:

Hummus with Veggies and Pita
Apple Cinnamon Wrap and Roll



Materials and Supplies to Gather

Handouts	3-1 Family Newsletter: Read it Before You Eat It!	1 copy per child, back-to-back
Visual Aids	Scanned Food Packages (from CHFFF website) <ul style="list-style-type: none"> <input type="checkbox"/> For Add: 4 <i>Lesson 3 Add Scanned Food Packages</i> or real non-dairy, non-fruit packages (empty or full) with Nutrition Facts Labels – enough so each child or pair of children can have one to look at. Avoid fruit and dairy, so labels show only added sugar. <input type="checkbox"/> 13 <i>Lesson 3 Apply Salty Snacks Scanned Food Packages</i> or real packages that vary in fat such as snack crackers, reduced-fat crackers, tortilla chips, pretzels, puffed cheese snacks, and lower- and higher-fat microwave popcorn. <input type="checkbox"/> 14 <i>Lesson 3 Apply Sweet Snacks Scanned Food Packages</i> or real packages that vary in sugar such as candy bars, cream-filled or other cookies, individual snack cakes, granola bars, toaster pastries, and plain graham crackers. 	
Posters	2-3 Lesson 2 Take a Healthy Step Goal-Setting (to use in Bridge from Lesson 2) 3-1 Read the Label: Chocolate Chip Cookies <ul style="list-style-type: none"> <input type="checkbox"/> Also print 8.5x11 copies, 1 per 2-3 children, for easier viewing – on cardstock, in plastic sleeves. 3-2 Take a Healthy Step Goal-Setting	
Teaching Supplies	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet, pencils for each child <input type="checkbox"/> For the Anchor: Several cans of non-dairy, non-fruit food with labels removed; save the labels <input type="checkbox"/> For the Add: <ul style="list-style-type: none"> <input type="checkbox"/> Labels from unlabeled cans in Anchor <input type="checkbox"/> Scanned or real food packages noted in Visual Aids above <input type="checkbox"/> Scanned (provided) or real package of chocolate chip cookies – empty or full (optional) <input type="checkbox"/> Dairy Council Food Model for chocolate chip cookies <input type="checkbox"/> Measuring cups, variety of sizes <input type="checkbox"/> For the Apply: At least 1 food package per child with Nutrition Facts Labels, as follows: <ul style="list-style-type: none"> <input type="checkbox"/> Salty snacks: Scanned or real food packages as noted in Visual Aids above <input type="checkbox"/> Sweet snacks: Scanned or real food packages as noted in Visual Aids above <input type="checkbox"/> Four non see-through grab-bags – one for salty snacks and one for sweet snacks for each team – with at least one package per child in each grab-bag. <input type="checkbox"/> For large groups, the salty and sweet sets can be combined and used in both Apply activities (add scans from Lesson 4 if needed). 	
Cooking Equipment	<u>Hummus with Veggies and Pita</u> <ul style="list-style-type: none"> <input type="checkbox"/> Blender or mashing utensil <input type="checkbox"/> Can-opener <input type="checkbox"/> Colander <input type="checkbox"/> Measuring spoons 	<u>Apple Cinnamon Wrap and Roll</u> <ul style="list-style-type: none"> <input type="checkbox"/> Sharp knife, cutting board <input type="checkbox"/> Measuring spoons, measuring cup <input type="checkbox"/> Small and medium bowls, plate <input type="checkbox"/> Frying pan, spatula, stove
Ingredients	<u>Hummus with Veggies and Pita for 12</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1 15-ounce can chickpeas or garbanzo beans, drained <input type="checkbox"/> 1 clove garlic, peeled & crushed (or 1/8th tsp garlic powder) <input type="checkbox"/> 3 Tbsp lemon juice <input type="checkbox"/> ½ tsp salt <input type="checkbox"/> 6 Tbsp water <input type="checkbox"/> 3 Tbsp tahini (ground sesame seeds) <input type="checkbox"/> ¼ tsp paprika (optional) <input type="checkbox"/> 1-2 Tbsp olive or other vegetable oil <input type="checkbox"/> Cut-up raw vegetables (carrots, broccoli, etc.) <input type="checkbox"/> Pita bread (optional) 	<u>Apple Cinnamon Wrap and Roll for 8</u> <ul style="list-style-type: none"> <input type="checkbox"/> 3 tablespoons sugar <input type="checkbox"/> 1 teaspoon cinnamon <input type="checkbox"/> 2 apples (2 cups finely chopped) <input type="checkbox"/> 1/3 cup low-fat vanilla yogurt <input type="checkbox"/> Cooking spray <input type="checkbox"/> 4 6-inch whole wheat flour tortillas <input type="checkbox"/> 2 teaspoons vegetable oil
Game Supplies	<ul style="list-style-type: none"> <input type="checkbox"/> Fitness Leader Activity Cards (Games Appendix; 1 per child or 1 set per team if more than 10 youth) <input type="checkbox"/> Boundary markers, music (optional) <input type="checkbox"/> Tagging balls 	

Background: The Nutrition Facts Label

The Nutrition Facts Label: Informed Choices are Healthy Choices

Nutrition Facts Labels (NFLs) are found on almost all food packages and focus on key nutrients that affect our health. The labels allow us to compare food products so we can make more informed choices about what and how much we eat. Understanding how to use the label can help youth and adults make healthier choices.

Why Should Children Know How to Use the Nutrition Facts Label?

Children have a great influence on what foods their family chooses to buy. Understanding how to use the Nutrition Facts label may help them positively influence these decisions as well as their individual choices.

Healthy Choices Can Make You Feel Good

Children are generally much more motivated by the here and now - by what they see and experience today - than with potential health problems later in life. Remind them that making healthy food choices and being active will help them look good, feel good, avoid getting sick, and have the strength and energy they need to do all the fun things they enjoy.

Keep it Simple: Focus on Fat and Sugar

This lesson focuses just on total fat, total sugar and serving size to keep it simple and make it easier to learn label reading. These are the main contributors of calories and thus risk of overweight. Note the importance of comparing labels between similar items to avoid confusion.

Serving Size

It is important to look at serving size when comparing similar products to know what size serving the calories and other nutrients are based on. Also look at how many servings are in the container. Note that serving sizes on Nutrition Facts labels are not always the same as those in USDA dietary guidance materials.

Eat Less: Added Sugar

The 2015-2020 Dietary Guidelines recommend that less than 10% of daily calories be from added sugar (about 12 teaspoons for a 2000 calorie diet). Sugar can replace healthier foods in the diet, contribute to weight gain and chronic disease, and cause tooth decay, so we need to watch out for food products with lots of added sugar. The Nutrition Facts Label likely will be changing to include added sugar as a separate category, but in the meantime, comparing the amount of added sugar in food products is tricky because “Total Sugars” on the Nutrition Facts Label includes both added sugar and any naturally occurring sugar from fruit (e.g., fructose) or dairy (lactose). For now, stick to comparing similar foods that do not contain dairy or fruit when teaching participants how to use the NFL to figure out which items are lower in added sugar.

Eat Less: Fat and Sodium

Eating too much fat can replace healthier foods in the diet and lead to overweight and chronic disease, so it's important to be aware of how much fat is in the foods we eat. One way to do this is to use %DV (see below) - an item is considered high fat if its %DV is 20 or more, and low fat if its %DV is 5 or less. This lesson focuses only on total fat, but to prepare you for questions on other items, note that the 2015-2020 Dietary Guidelines recommend less than 10 percent of calories from saturated fat, keeping trans fat as low as possible, and reducing daily sodium intake to less than 2300 mg (about 1 tsp salt). For notes on fiber, see the next lesson.

What is Percent Daily Value (%DV)?

While not addressed in this lesson, the %DV shows how food fits into an overall diet by showing how much of the recommended amount of a nutrient is in one serving. For example, 30% DV for Vitamin C means one serving supplies 30 percent of the Vitamin C needed for the day. Daily values are based on a 2000-calorie diet, the amount recommended for most children, many older adults, and sedentary women. For fiber, calcium, iron, and Vitamins A and C, the *minimum* amount needed each day is shown - so choose foods with the highest %DV. For total fat, saturated fat, sodium and cholesterol, the recommended *maximum* per day is shown - so choose foods with the lowest %DV.

Encourage Great Group Behavior during Lesson 3!

For Younger Ages:

- Be ready to help children read Fitness Activity Cards as needed as they're drawn in "Fitness Leaders."

For Older Ages:

- Optional: Put some example snack items into a baggie to demonstrate what one serving size looks like.
- As compare sugar and fat between different products in the Apply, discuss the effect of serving size.

During Active Games:

- If more than 10 youth, give a full set of Activity Cards to each team or make up new ones to add.

Bridge from Lesson 2:

- Ask who has something to share about the goal they set at the end of lesson 2. Use Poster 2-3 to help children focus and remember.

During the Anchor:

- Use identifying numbers or codes to identify unlabeled cans, not item names that kids will find.
- Avoid distractions! Collect unlabeled cans as soon as children have had the chance to observe them.

During the Add:

- Keep it moving! Be well-prepared so you can deliver new information quickly and concisely.
- Keep it simple! Focus on fat and sugar.

During the Apply:

- Use Scanned Food Packages provided at https://fnec.cornell.edu/Our_Initiatives/CHFFF.cfm or real packages, empty or full, which are more engaging than printed labels.
- If your group is large, use all the scanned packages so each child can be involved. Line up first by fat and then by sugar using the same packages.

During the Away and Goal Setting:

- Briefly re-state the main message of the lesson so it's the last thing kids hear.
- Guide children to set goals by showing Poster 3-2 and choosing one on the Family Newsletter (Handout 3-1). Encourage children to talk with their parents about the Healthy Step they chose.

During the Bridge to Lesson 4:

- Give a very quick preview of the next lesson, tying the topic to the lesson you just taught.

During Food Prep:

- Have kids wash their hands before you begin.
- Be ready! Give kids appropriate assignments so they can begin doing something right away.
- Anticipate youth needs: some may need more support or your being nearby to behave well. Others may be able to take on solo tasks.
- When preparing and serving snacks, have children read labels of ingredients and recipes for fat or sugar. Also talk about how these snacks have vegetables or fruit as part of them.
- For Apple Wrap and Roll, be prepared to help flip folded tortillas in the pan, as this can be challenging.



3-1 Snap

Equipment	<ul style="list-style-type: none"> • None
Set Up	<ul style="list-style-type: none"> • Ask children to find a partner and stand back-to-back.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> • I'm going to teach you three signals (use any 3 hand and voice signals such as the following): <ul style="list-style-type: none"> • Hold index finger horizontal, rub at lips, saying 'Buh, buh, buh-buh, buh.' • Bend from waist, rise back up and throw hands up in air and yell 'Whooh!' • Put thumbs to ears, wiggle fingers, say 'Na, na, na-na, na!' • Now that you know what to do, see how often you can match what your partner does – without looking or talking about it first. • When I say, "1, 2, 3, Snap," turn around to face your partner and immediately do one of our 3 signals, then turn back-to-back again for the next round. • We'll do several rounds. See how many times you and your partner match signals. Remember not to talk about it first!
For Young Children	<ul style="list-style-type: none"> • Simplify if needed by only teaching two signals. • Make the signals easier to remember, such as marching in place or hopping.
Up the Challenge	<ul style="list-style-type: none"> • Have children come up with ideas for the different hand and voice signals.



3-2 Stretching Mirrors

Equipment	None
Set Up	<ul style="list-style-type: none"> • Ask children to find a partner and stand face-to-face several feet apart.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> • One of you will stretch as if you are warming up your muscles. • Your partner will try to copy your stretches as if looking in a mirror. • Stretch slowly, all parts of your body from head-to-toe. • Hold each stretch for about 10 seconds before you move to the next stretch. • Be kind to your partners, because after a few minutes they will get a chance to lead you in stretches!
For Young Children	<ul style="list-style-type: none"> • Have them follow you as you lead them in slow stretches.
Up the Challenge	<ul style="list-style-type: none"> • After stretching, suggest children lead more active movements such as marching, hopping, or jumping jacks in place.
In a Small Space	<ul style="list-style-type: none"> • Ask children to limit stretches to those they can do within the space you have.
Source	<i>Jump Into Foods and Fitness</i> Lesson 8, Michigan State University Extension, 2006.

The Lesson

Opening Active Games: 10 minutes

Play the games “Snap” and “Stretching Mirrors” with the children.

Bridge from Lesson 2: 3 minutes

- Show Poster 2-3 to remind children of goals they set last session.

Say,

- Last week we talked about vegetables and fruits.
- Who’d like to tell us about a healthy step you took to eat more vegetables and fruits last week?
- Vegetables and fruits don’t usually have a Nutrition Facts Label, but many other foods do and that’s what we’ll explore today.

POSTER 2-3: EAT MORE VEGETABLES AND FRUITS
GOAL-SETTING

Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

- Eat a vegetable at lunch!
- Make half my plates veggies/fruits
- Eat vegetables or fruits for snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe we learned today!
- My own idea: _____

Signed: _____

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Anchor: 5 minutes

- Show children several cans whose labels have been removed.
- Pass the cans around so children can feel their weights, shake them, and guess what’s inside.

Say,

- Can you guess what’s inside these cans?
- What would you need in order to know what’s inside?
- Right! **The label!**



- Pass the labels from these cans around so children can see them up close. Tell them what was in the cans.
- Also pass out the three scanned can labels provided (see Supplies page) or real packages so each child or pair has one label to look at.
- Have each child or pair find the Nutrition Facts Label.

Say,

- Who’s used the Nutrition Facts Label before?
- Right! **We all did, when we learned about sweetened drinks!**

Add: 10 minutes

Say,

- Nutrition Facts Labels give us lots of information and can help us compare similar kinds of foods and choose foods that are healthier.
- Today we’re going to focus on fat and sugar.



- Hold up an actual package – empty or full – of chocolate chip cookies or the scanned package provided, just to get the children engaged.
- (Note that the scanned cookie package has a different serving size and nutrition facts than the poster – use the Nutrition Facts Label on the Poster, not this one, for discussion below).

Ask,

- Who likes chocolate chip cookies? Let’s use a Nutrition Facts Label for chocolate chip cookies to help us learn more about food labels.

FOSTER 3-11: THE NUTRITION FACTS LABEL CHOOSE HEALTH: FOOD, FUN, AND FITNESS

Read the Label!
Chocolate Chip Cookies

Nutrition Facts

Serving Size 3 cookies (2½ inches each)
Servings Per Package 11

Amount Per Serving
Calories 160 Calories from Fat 70

% Daily Value *

Total Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	3%
Sugars 11g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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- Then show Poster 3-1, a Nutrition Facts Label for chocolate chip cookies.
- Also pass out 8.5x11 inch versions of this poster, 1 per 2-3 children, for easier viewing.

Say,

- When we looked at sweetened drinks, we learned about this part of the Nutrition Facts Label to find out how big the serving size was and how many servings in the container.

- Point to servings size and number of servings per package on Poster 3-1.

Ask,

- What is the **servings size** on this nutrition label for chocolate chip cookies?

Say,

- Yes, on this label, 3 cookies is one serving.

- Show children how small each cookie is by holding up the Dairy Council Food Model of chocolate chip cookies (about 2½ inches) or a small real cookie about that wide.
- For older children, discuss that the size of the cookies is shown on the Nutrition Facts Label – in this case 2½ inches wide.

Say,

- And how many **servings** are in this package?
- Yes, 11 servings per package. So with 3 cookies in a serving, that means there are 3 times 11, or 33 cookies in the package.
- Now look at your labels. Who would like to share the serving size on your label?

- As children share, show measuring cups to represent the serving sizes that children identify (for servings listed in cups).
- Ask if children eat only one serving of the foods in the packages or labels they have (likely they eat more).

Say,

- The Nutrition Facts Label tells us the nutrition facts for only one serving.
- So it's important to know the serving size and the number of servings in a container.

- Point to Poster 3-1 where fat is listed in grams.

Say,

- Here is where we find the amount of **fat** a food has.
- Fat has a lot of calories, often way more than we need. Eating too much fat can lead to overweight and diseases like heart disease, so we want to make sure not to eat too much fat.
- One serving of these chocolate chip cookies has 8 grams of total fat. That's a lot!
- To choose healthier foods, look for foods with less fat.

- Optional, for older ages: Explain that the 8 grams of total fat includes 2.5 grams of "saturated fat." Saturated as well as trans fat are solid at room temperature and fats to especially eat less of. Solid fats can stick inside our arteries and clog them up, which can cause a heart attack.

Say,

- Who would like to share how much total fat your food label shows for one serving?

- Encourage children to share.
- Point to Poster 3-1 where sugar is listed.

Say,

- Here is where we find how much **sugar** is in the food, like we saw when we looked at sugar in drinks.
- One serving of these chocolate chip cookies has 11 grams of sugar.
- Sugar has calories but not other nutrients we need, so we call these "empty calories."
- It's easy to fill up on sugar and then not get the healthier calories we need. Also, sugar can cause tooth decay and cavities. So less sugar is healthier.
- Who would like to share how much sugar is listed on your food label?

- Have children share.
- Then point to where the label shows vitamins and minerals.

Say,

- The Nutrition Facts Label tells us many other things, like how much calcium and other vitamins and minerals the food has.
- For today, we're just going to focus on fat and sugar.

Apply: 10-15 minutes

Say,

- Let's look at some packaged snack foods to see how they vary in fat and sugar.
- Let's start with **salty snacks** and look at how much **fat** they have.



- Form two teams of up to 6-7 children each.
- For larger groups, form two larger teams and use all the scanned packages, lining up first by fat and then by sugar using the same packages.
- Tell them that when you say, "go," you will give each team a "grab bag" filled with salty snack food packages (use provided food package scans or real packages).
- Tell them to:
 - Each grab a package from their bag without looking first,
 - See how much fat it has per serving, and
 - Line themselves up, holding their packages, from lowest fat to highest fat.
- To help children line up, designate one side for 0 grams fat per serving, the opposite side for 10 grams, and the middle for about 5 (the range of fat on the scanned packages).
- Encourage team-mates to help each other line up accurately.
- See which team can line themselves – not just their packages – up the fastest!
- Then lead a brief discussion using the questions below.

Say,

- Let's see how your teams did!
- What are some of the lower fat choices?
- What do you think about these lower fat snacks? Which of these have you tried?
- What are some of the higher fat choices? How could you make some of these kinds of snack items healthier?

- Be prepared to suggest that they could buy reduced fat or baked versions of the higher fat snacks, and/or add a vegetable, fruit, or low-fat dairy to make any snack healthier.

Say,

- Now let's look at some **sweet snacks** and compare how much **sugar** they have.



- Repeat the “grab bag activity” for sugar.
- Give each team a new grab bag filled with sweet snack food packages (use provided food package scans or real packages).
- Have them see how fast they can line themselves up from lowest sugar to highest sugar.
- For an older group or to add variety to the lesson, tell them to rely on non-verbal hand signals and not talk while lining up.
- To help children line up, designate one side for less than 10 grams sugar per serving, the opposite side for more than 20 grams, and the middle for about 15 (the range of sugar on the scanned packages).
- Remind them to work together as a team and help each other.
- Then lead a brief discussion using the questions below.

Say,

- How did your teams do this time?
- What are some of the lower sugar choices?
- What do you think about these lower sugar snacks? Which of these have you tried?
- What are some of the higher sugar choices? How could you make these kinds of snack items healthier?

- Be ready to suggest switching to some of the lower-sugar snack items, adding a vegetable, fruit, or low-fat dairy item, and/or choosing low-fat milk instead of soda.
- Optional: Ask children to also look at how much fat their items have and try to identify the healthier items by looking at fat and sugar at the same time.

- Optional, if your group is up for more: Have all the children line themselves up as one group holding their packages in order of calories per serving.
- Have each child hold one package – either from their salty package or their sweet package from the previous line-ups.
- Discuss why calories are important, explaining that calories are a measure of energy in food – if you eat more than you need, this extra fuel gets stored as fat in your body.

Say,

- Good work teams!
- You used the Nutrition Facts Labels on your packages to find out how much fat and sugar are in snack items you might choose.

Away and Goal-Setting: 5 minutes

Say,

- Think about how you can use food labels to help you make smarter food choices this week.

- Show Poster 3-2: Take a Healthy Step and pass out the Family Newsletter 3-1. Read the healthy steps listed on the poster and have children choose one or write in their own.

HANDOUT 3-1: FAMILY NEWSLETTER CHOOSE HEALTH: FOOD, FUN, AND FITNESS
Cornell University Cooperative Extension

Read It Before You Eat It!

Take a Healthy Step!
Choose one action you'll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: _____

Signed: _____

The Nutrition Facts Label

Nutrition facts labels are on nearly all food packages and make it easier to choose healthier items when comparing similar products.

Choose foods with:

- More fiber
- More vitamins
- More calcium and iron

and

- Less calories
- Less saturated and trans fat
- Less sodium
- Less sugar

Also be sure to look at serving size and number of servings per container since the nutrition information is for one serving. For more information, see www.ChooseMyPlate.gov.



Hummus with Veggies and Pita

Ingredients:
1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
1 clove garlic, peeled and crushed (or 1/8" tsp garlic powder)
3 Tbsp lemon juice
1/2 tsp salt
6 Tbsp water
3 Tbsp tahini (ground sesame seeds) or peanut butter
1-2 Tbsp olive or other vegetable oil
Optional: 1/2 tsp paprika

Instructions:
1. Put garlic, lemon juice, salt, and 1 cup of chick peas in blender, add 3 Tbsp water, and blend until smooth. Or mash by hand (using garlic powder).
2. Add second cup of chick peas and 3 Tbsp water; blend or mash till smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. Add extra water if too thick or you want creamier hummus.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut up raw vegetables, and pita bread (optional).
Yield: About 12 servings
Sources: Modified from *World-of-the-East Vegetarian Cooking*, by Madhur Jaffrey (1981)

Nutrition Facts	
Serving Size: About 2 tablespoons	
Servings Per Container: 12	
Amount Per Serving	
	% Daily Value*
Calories 60	Calories from Fat 30
Total Fat 3.5g	7%
Saturated Fat 1.0g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	2%
Total Carbohydrate 4g	8%
Fiber 1g	2%
Sugar 1g	2%
Protein 2g	4%
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a diet of other people's secrets.

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50% calories from fat
Based on 2000 kcal, 1 Tbsp oil

Say,

- Check off one of these ideas or create your own!
- Be sure to take this newsletter home so you can talk to your family about how you can all use Nutrition Facts Labels.

POSTER 3-2: THE NUTRITION FACTS LABEL CHOOSE HEALTH: FOOD, FUN, AND FITNESS
GOAL-SETTING

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: _____

Signed: _____

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Bridge to Lesson 4: 2 minutes

Say,

- Next time we'll look at labels again – because a Nutrition Facts Label is such a useful tool to compare similar foods.
- Next week, we'll look at different breads, crackers, and cereals so we can learn how to make half our grains whole! If you wonder what that means, you'll find out next time we meet!

Closing Active Games: 10 minutes

Play the games “Link Up Tag” and “Fitness Leaders.”

Food Prep: 10-20 minutes

Prepare one of the recipes, Hummus with Veggies and Pita, or Apple Cinnamon Wrap and Roll.

Hummus with Veggies and Pita

Ingredients:

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 1 clove garlic, peeled and crushed (or 1/8th tsp garlic powder)
- 3 Tablespoons lemon juice
- ½ teaspoon salt (less if using salted peanut butter)
- 6 Tablespoons water
- 3 Tablespoons tahini (ground sesame seeds)*
- ¼ teaspoon paprika (optional)
- 1-2 Tablespoons olive or other vegetable oil
- Cut-up raw vegetables (carrots, broccoli, etc.)
- Pita bread (optional)



Instructions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas in blender or food processor, add 3 Tbsp water, and blend until smooth. Or put in bowl and mash by hand (using garlic powder).
2. Add second cup of chick peas and 3 Tbsp water. Blend or mash until smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. If too thick or you want creamier hummus, add additional water.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut up raw vegetables, plus pita bread (optional).

Yield: About 12 servings

*Can substitute peanut butter for tahini

Source: Modified from *World-of-the-East Vegetarian Cooking*, by Madhur Jaffrey, 1981.

Nutrition Facts - Hummus

Serving Size: About 2 tablespoons
Servings Per Recipe: 12

Amount Per Serving	
Calories	60
Calories from Fat 30	
% Daily Value *	
Total Fat	3.5g 5%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	180mg 8%
Total Carbohydrate	6g 2%
Dietary Fiber	1g 4%
Sugars	1g
Protein	2g
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
50% calories from fat	
Based on tahini and 1 Tbsp oil	

Apple Cinnamon Wrap and Roll

Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups finely chopped)
- 1/3 cup low-fat vanilla yogurt
- Cooking spray
- 4 6-inch whole wheat flour tortillas
- 2 teaspoons vegetable oil



Instructions:

1. Mix sugar and cinnamon in small bowl.
2. Wash and finely chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Lightly spray top side with cooking spray. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so un-oiled side is up. Using ¼ of apple mixture, fill half of tortilla and fold over other half.
6. Heat oil in frying pan on medium heat.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. Remove from pan and cut in half.
8. Repeat with remaining tortillas.

Yield: 8 servings

Source: Adapted from *Get Fresh!*, Cornell University, 2001.

Variation: Canned pears or peaches (Kids can cut with plastic knife)

Nutrition Facts	
Serving Size: Half a wrap (55g)	
Servings Per Recipe: 8	
Amount Per Serving	
Calories	110
Calories from Fat 20	
% Daily Value *	
Total Fat	2.5g 4%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	70mg 3%
Total Carbohydrate	19g 6%
Dietary Fiber	2g 8%
Sugars	10g
Protein	2g
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
23% calories from fat	
Nutrition facts based on 1 spray of cooking spray per tortilla.	

3-3 Link Up Tag



Equipment	<ul style="list-style-type: none"> Boundaries, tagging ball(s), music (optional)
Set Up	<ul style="list-style-type: none"> Ask children to find a partner, link elbows, and scatter within the boundary.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> For this tag game, we need someone to be “It.” (Give “It” a tagging ball.) Your partner now becomes the “Target” to be chased, and un-links from your elbow. (If there’s an odd number, become a player to create an even number.) If your elbow is linked with another, then you are safe – but whoever is the “Target” can link elbows with any pair to escape from “It” and become safe. When that happens, the person with linked elbows on the other side (the side away from the Target) has to let go and becomes the new Target! (Demonstrate.) If “It” tags someone not linked with a partner, the tagged person becomes the new “It.”
For Young Children	<ul style="list-style-type: none"> Play Elbow Tag from the Extra Games instead.
Source	<i>4-H Choose Health Officers Guide, Cornell University, 2010.</i>

3-4 Fitness Leaders



Equipment	<ul style="list-style-type: none"> Fitness Activity Cards (Games Appendix, at least 1 per youth or 1 set per team)
Set Up	<ul style="list-style-type: none"> Divide children into at least 2 teams, and have each team line up single file behind a start line as if about to run a relay race. Place a stack of randomly sorted Fitness Activity Cards face down about 10 feet in front of each team, and stand nearby to collect completed cards.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> When I say “Go,” the first person on each team moves to their team’s stack of Fitness Activity Cards (point to stack) and draws a card. Lead the rest of your team to do that activity with you. Count out loud together. (Demonstrate by drawing a card and leading the whole group in that activity.) Then go back to your team and tag the second person who will pick a new activity from the stack and lead that activity. Keep going until all team members have led an activity or until I say “Freeze!”
Variation	<ul style="list-style-type: none"> During each round, ask the new leader to move to the cards in a different way – skip, hop, heel-toe walk, etc. (For rowdy groups, have all use heel-toe walk) If big group, have children take turns leading the rest, in the middle of a circle.
In Small Space	<ul style="list-style-type: none"> Pass out Activity Cards and have each child take turns leading in small circles.
Source	Used with permission from the CATCH program, licensed by Flaghouse Inc and the Board of Regents, University of California at San Diego.

Print, cut, and laminate these cards found in the Active Games Appendix.

CHOOSE HEALTH: FOOD, FUN, AND FITNESS ACTIVE GAME

“Fitness Leaders” Activity Cards

 Jog in place while counting to 30.	 March in place while counting to 30.
 Hop on one foot 15 times. Then hop on the other foot 15 times.	 Jump side-to-side 30 times.
 Cross arms open and closed behind your back 10 times	 Cross arms open and closed in front 10 times
 Raise arms straight overhead 10 times.	 Stretch arms out to side, then raise and lower arms overhead 10 times.
 Spread legs, touch right toe with left hand, then left toe with right hand. Repeat 10 times.	 Bring right elbow to left knee, then left elbow to right knee 20 times.



Cornell University
Cooperative Extension



Read It Before You Eat It!

The Nutrition Facts Label

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: _____

Signed: _____

Nutrition Facts Labels are on nearly all food packages and make it easier to choose healthier items. When comparing similar products, choose foods with:

- More fiber
 - More vitamins
 - More calcium and iron
- and
- Less calories
 - Less saturated and trans fat
 - Less sodium
 - Less sugar

Also be sure to look at serving size and number of servings per container since the nutrition information is for only one serving. For more information, see www.ChooseMyPlate.gov.

Nutrition Facts	
Serving Size 1 egg (50g)	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Sat. Fat 1.5g	8%
Trans Fat 0g	
Cholest. 215mg	71%
Sodium 65mg	3%
Total Carb. Less than 1g	0%
Protein 6g	10%
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%
Not a significant source of Dietary Fiber or Sugars.	



Hummus with Veggies and Pita

Ingredients:

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 1 clove garlic, peeled and crushed (or 1/8th tsp garlic powder)
- 3 Tablespoons lemon juice
- ½ teaspoons salt (less if using salted peanut butter)
- 6 Tablespoons water
- 3 Tablespoons tahini (ground sesame seeds) *
- 1-2 Tablespoons olive or other vegetable oil
- Optional: ¼ teaspoons paprika



Instructions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas in blender, add 3 Tbsp water, and blend until smooth. Or mash by hand (using garlic powder).
2. Add second cup of chick peas and 3 Tbsp water. Blend or mash till smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. Add extra water if too thick or you want creamier hummus.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut up raw vegetables, and pita bread (optional).

Yield: About 12 servings

* Can substitute peanut butter for tahini

Source: Modified from *World-of-the-East Vegetarian Cooking*, by Madhur Jaffrey, 1981.

Nutrition Facts

Serving Size: About 2 tablespoons

Servings Per Recipe: 12

Amount Per Serving

Calories 60 Calories from Fat 30

% Daily Value *

Total Fat 3.5g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Sugars 1g

Protein 2g

Vitamin A 0% Vitamin C 2%

Calcium 2% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

50% calories from fat
Based on tahini and 1 Tbsp oil

Choose Healthy Family Activities!

Kids often know lots of ways to be active! Play these games with your kids while dinner's cooking, during a TV ad, or even waiting in line at a restaurant or movie. You'll have lots more fun than those who are just standing there!

“Snap”

Choose 3 different hand and voice signals, such as:

- Wiggle finger up and down at lips, saying ‘Buh, buh, buh-buh, buh.’
- Bend from waist, rise back up and throw hands up in air and yell ‘Who!’
- Put thumbs to ears, wiggle fingers, say ‘Na, na, na-na, na!’

Then stand back-to-back, one of you say “1, 2, 3, Snap”, and turn around to face each other as you do one of the 3 signals. Then turn back-to-back and do it again. See how many times you match!

“Fitness Leaders”

Make up a stack of “Fitness Activity Cards” that each lists a different way to move. Then take turns drawing a card and leading each other in that activity.

Here are some ideas – or make up your own! 10 Jumping Jacks, 7 Hops on One Foot, Balance on One Leg, 14 Arm Circles, Stretch to the Sky, Goofy Dancing, etc.



Apple Cinnamon Wrap and Roll

Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups finely chopped)
- 1/3 cup low-fat vanilla yogurt
- Cooking spray
- 4 6-inch whole wheat flour tortillas
- 2 teaspoons vegetable oil



Instructions:

1. Mix sugar and cinnamon in small bowl.
2. Wash and finely chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Lightly spray top side with cooking spray. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so un-oiled side is up. Using 1/4 of apple mixture, fill half of tortilla and fold over other half.
6. Heat oil in frying pan on medium heat.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. Remove from pan and cut in half.
8. Repeat with remaining tortillas.

Yield: About 8 servings **Source:** Adapted from *Get Fresh!* Cornell University, 2001.

Variation: Canned pears or peaches (kids can cut with plastic knife)

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23% calories from fat			
Nutrition facts based on 1 spray of cooking spray per tortilla.			