Grades 7-8, Technical Subject, Health Education

Standards:

CA CCSS Writing Standards for Literacy in Science and Technical Subject (WHST)

9.7: Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

9.8: Gather relevant information from multiple authoritative print and digital sources (primary and secondary), using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. CA

9.9: Draw evidence from informational texts to support analysis, reflection, and research.

Grades 9-12, Technical Subject: Health Education
Standard 3: Accessing Valid Information
Benchmark 3.3.N: Describe how to use nutrition information on food labels to compare products.

Lesson Idea:

In this example students will determine key terms and domain-specific words of a food label in order to evaluate this food product as an option to consume. Students will examine the food label and determine the meaning of serving size, calories, total fat, saturated fat, trans fat, cholesterol, sodium, grams, milligrams, and percentages of daily values in relation to USDA Guidelines for Americans. After meanings are determined and compared to proper diet as recommended by the USDA, students will discuss this food option, how many serving sizes can be consumed daily, in what quantity, and what nutritional value the food option provides as energy to the body.