

Food Label Frenzy (Part 1)

This activity was created by Brandi.

Do you ever look at food labels? You should! They give us information about how nutritious the food is (or isn't)! Here's an example of one from a cereal box:

Nutrition Facts / Valeur nutritive

Serving 1 cup (28 g) / Portion de 1 tasse (28 g)

| Amount per serving | Cereal | With 1/2 Cup 1% Milk |
|--|------------|----------------------------------|
| Teneur par portion | Céréales | Avec 1/2 tasse de lait 1 % |
| Calories / Calories | 110 | 160 |
| % Daily Value / % valeur quotidienne | | |
| Fat / Lipides 0 g† | 0 % | 2 % |
| Saturated / saturés 0 g + Trans / trans 0 g | 0 % | 2 % |
| Cholesterol / Cholestérol 0 mg | 0 % | 2 % |
| Sodium / Sodium 140 mg | 6 % | 8 % |
| Potassium / Potassium 25 mg | 1 % | 6 % |
| Carbohydrate / Glucides 25 g | 8 % | 10 % |
| Fibre / Fibres 0 g | 0 % | 0 % |
| Sugars / Sucres 3 g | | |
| Protein / Protéines 2 g | | |
| Vitamin A / Vitamine A | 0 % | 8 % |
| Vitamin C / Vitamine C | 0 % | 0 % |
| Calcium / Calcium | 0 % | 15 % |
| Iron / Fer | 25 % | 25 % |
| Vitamin D / Vitamine D | 20 % | 45 % |
| Thiamine / Thiamine | 45 % | 45 % |
| Niacin / Niacine | 8 % | 10 % |
| Vitamin B ₆ / Vitamine B ₆ | 10 % | 10 % |
| Folate / Folate | 8 % | 10 % |
| Pantothenate / Pantothénate | 6 % | 15 % |
| Manganese / Manganèse | 15 % | 15 % |

This measures how much energy is in the food! Energy helps us to function everyday. If you consume more energy than you need, it is stored as body fat.

This provides energy that helps us grow and it keeps us warm. Unsaturated fats are good for your heart, while saturated and trans fats are not.

This helps us take in nutrients and remove waste.

These are found in almost everything we eat! They provide our brain and muscles with energy so they can do their jobs! If the energy is not needed right away, it is stored as body fat.

This is a type of fat made in the liver that helps our organs work properly. Since our bodies make it, we do not need to eat much of it.

This helps to control water levels in our body, but most of us consume too much of it.

This is what our muscles and organs are mostly made up of. Protein is found in meat, eggs, fish, milk, nuts and beans. It helps us stay healthy and strong.

Vitamins and minerals are vital for healthy growth and development. Vitamins come from plants, such as Vitamin A which helps improve eyesight! Minerals come from water and animals, such as Calcium in milk which helps keep bones strong!

Now answer the questions below about the nutritional label you see here!

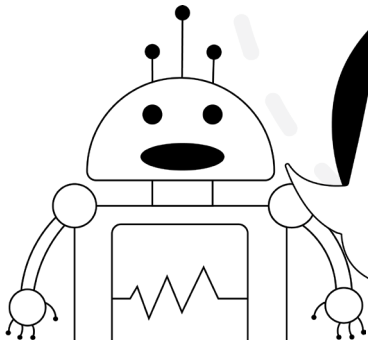
What elements of this cereal seem healthy? Why?

What elements of this cereal seem unhealthy? Why?

Date: _____

Name: _____

Food Label Frenzy (Part 2)



All the terms in bold on a food label could be considered **variables**, unknown values, that need to be found/filled. For example, if I wanted to know the **calories** in the cereal, you would say 110. So, **calories** was the **variable** and the value was 110. Can you help me fill the values out for the different variables below using different food items?

Grab 3 items from your fridge or pantry and fill in the table below! Each variable will have a different value for each food item.

Food Name

| Food Name | _____ | _____ | _____ |
|---------------------------------|-------|-------|-------|
| Serving Size | | | |
| Calories | | | |
| Fat | | | |
| Cholesterol | | | |
| Sodium | | | |
| Potassium | | | |
| Carbohydrates | | | |
| Fibre | | | |
| Sugar | | | |
| Protein | | | |
| Vitamin and Mineral List | | | |

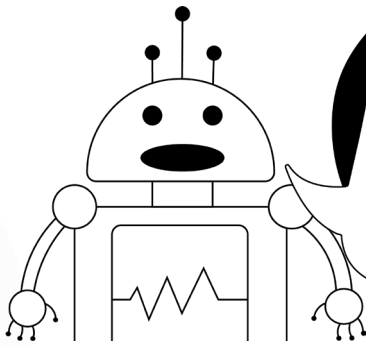
What do they have in common? What are some differences?

This activity continues on the next page!

Date: _____

Name: _____

Food Label Frenzy (Part 3)



Hi again! By filling in that table, you provided me with a **data set** which is an organized set of information. We can do a lot with this data, like ordering the items according to the nutritional content! Ordering is important in computer science as well because it can help us make decisions, like which food we should eat!

Answer the questions below about the 3 foods you chose! From the answers and data you found, can you decide which one is the healthiest?

Order the food items from highest to lowest calorie content (ex. Food 1, Food 2, Food 3):

Order the food items from lowest to highest sugar content:

Order the food items from highest to lowest cholesterol content:

Which food item has the highest protein content?

Which food item has the most vitamins and minerals?

Which of the 3 food items do you think is the healthiest option? Why?

