

Title: Numerical Nutrition

Instructional Focus:

1. 6th grade – MA.6.A.3.1
2. 7th grade – MA.7.A.1.2

Vocabulary:

1. Percentage
2. Bar Chart
3. Pie Graph

Materials/Resources/Graphic Organizer:

1. Construction Paper/Butcher Paper
2. Markers
3. Food labels from various food products

Instruction Type(s):

1. Independent/Collaborative Practice

Components:

1. Divide the classroom into small groups of approximately 3 students.
2. Give each group a different food label. Try to select foods that contain fat, carbohydrate, and protein.
3. Give the students the following information:
 - a. Carbohydrates = 4 calories/gram
 - b. Protein = 4 calories/gram
 - c. Fat = 9 calories/gram
4. Have the students solve the following problems:
 - a. How many calories from fat does your product have?
 - b. How many calories from carbohydrates does your product have?
 - c. How many calories from protein does your product have?
 - d. What percentage of total calories is from fat?
 - e. What percentage of the total calories is from carbohydrates?
 - f. What percentage of total calories is from protein?
5. With the information the students learned from the above problems, have the students:
 - a. Create a pie chart showing the percentage of fat/carbohydrate/protein found in their food product.
 - b. Create a bar chart comparing each food product in the class....do a bar chart for fat, carbohydrate, and protein.
6. Create questions for the students to answer pertaining to the charts.