

Title: Total Fat (Nutrition Facts Label)

Subject Area/Grade Level/Instructional Focus: 3rd-5th grade;
Language Arts; LA.4.6.1.1, LA.4.6.2.1-LA.4.6.2.4

Vocabulary:

Total Fat
Saturated Fat
Trans Fat
Polyunsaturated Fat
Monounsaturated Fat
% Daily Value

Materials/Resources/Graphic Organizer:

Computers with internet access
A variety of food packages with *Nutrition Facts Labels* containing differing amounts of the types of fat
Notebook paper
Pencils/Highlighters

Instruction Type(s):

- (1) Guided Instruction
- (2) Collaborative Practice

Components:

- (1) Show students a Nutrition Facts Label and explain the importance of them (they help you make healthy decisions about what foods to eat).
- (2) Narrow in on the “Total Fat” portion of the label. Ask students what the different types of fat are. Write their responses on the board.
- (3) Teach students how to successfully search for Nutrition Facts Labels online, paying attention to credible sources. Using the Smart Board, show them how to enter the key words into the search engine, look at the URL address for the source, and click on more credible sites.
- (4) Students work with a partner to find information on each of the vocabulary words listed above. They are to take notes on their paper, and list any websites they get information from. They may print information to highlight and put into their own words if computers are scarce.
- (5) Using the information gathered about the different types of fat, students rank the selected foods in order from healthiest to the worst for you.
- (6) Students present their food rankings to the class. They need to be able to defend why they placed the foods in the order they did. Discuss the difference between health fat and unhealthy fat during this discussion.