

Thanks for previewing!

MyPlate Food Label Lesson!

6th-12th Grade

Grain Products



Banana Nut Muffin:



NUTRITION

Serving Size: 4.25oz. (120g)

	Amount per Serving
Calories	420Kcal
Total Fat	22g
Saturated Fat	3.5g
Trans Fat	0g
Cholesterol	60mg
Sodium	490mg
Potassium	160mg
Total Carbohydrate	49g
Dietary Fiber	2g
Sugars	25g
Added Sugars	25g
Protein	7g

Cap'n Crunch Cereal:



NUTRITION

Serving Size: 3/4 cup (27g)

	Amount per Serving
Calories	110Kcal
Total Fat	1.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	200mg
Potassium	50mg
Total Carbohydrate	23g
Dietary Fiber	1g
Sugars	12g
Added Sugars	12g
Protein	1g

ON GOOGLE DRIVE!

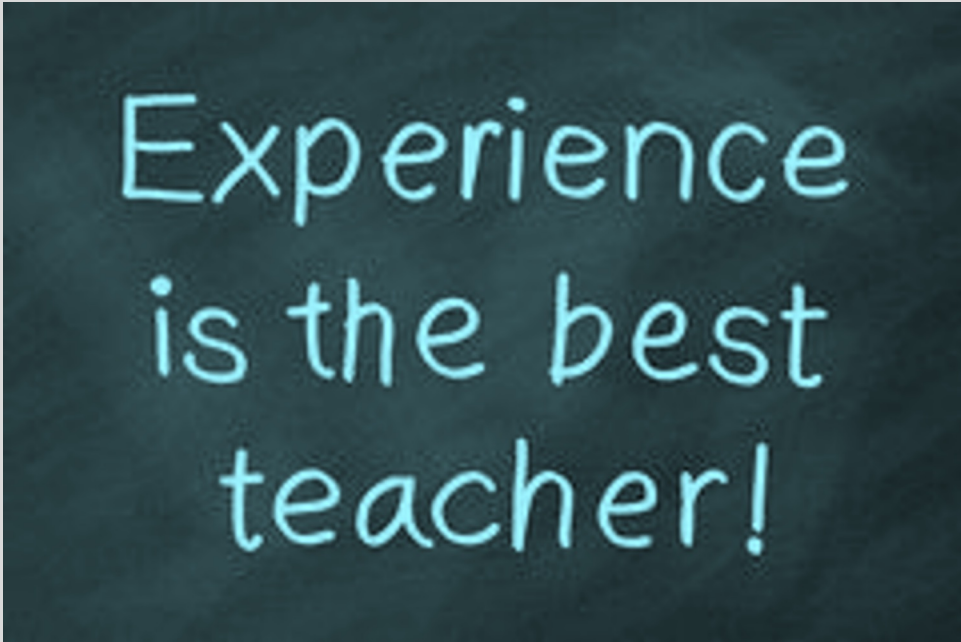
Health Education Today

MyPlate Food Label Lesson for Middle +High School



1. This Program's Creator is a Qualified Teacher

◆ I am a **National Board Certified Teacher** with a **Masters of Education Degree** and I have **19 years of experience** teaching Health.



Experience
is the best
teacher!

2. This Resource Meets Educational Health Standards:

◆ It meets **4 of 20** National Common Core Standards.

(For Technical Subjects 9/10 Grade level)



It also meets **10**
State Health
Standards

◆ It meets **7/8** Health Standards
detailed “Performance Indicators.”



3.

Here is a look at all the files included!

< > **MyPlate Food Label**

Name
 01Myplate Food Label Teacher Directions.docx
 01Myplate Food Label Teacher Directions.pdf
 02MyPlate PowerPoint.pptx
▼  03Docs
 Art Project Rubric.docx
 Art Project Rubric.pdf
>  Food Label Reading Docs
>  Food Scramble Edited Older Version
 Grocery Store Scav Hunt.docx
 Grocery Store Scav Hunt.pdf
 Interactive MyPlate.docx
 Interactive MyPlate.pdf
>  MyPlate Quiz
>  Newest Food Scramble Docs

▼  04Google Docs Links Folder

 01Teacher Directions and Links.docx
 01Teacher Directions and Links.pdf
>  02Voice Over Documents

▼  05Learning Targets

 Learning Target Posters.pdf
 Learning Target Posters.pptx
▼  L Target Check Off Sheets
 Success Criteria Behav.docx
 Success Criteria Behav.pdf
 Success Criteria Content.docx
 Success Criteria Content.pdf
 Success Criteria...
 Success Criteria...



4. Pre-Lesson "Food Label Reading" Lesson:

Name: _____ Per: _____ Date: _____

Food Label Worksheet

1. Look at servings per container -
Look at Serving size -

2. Look at Calories -

3. Look at Total Fat -

4. Look at Total Sugars -

5. Look at Total Sugars -

IS A PRODUCT
HEALTHY?
HERE'S HOW
YOU FIND OUT...

Nutrition Facts	
9 servings per container	
Serving size	2/3 Cup (90g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6. Total Fat x 9 = ____
÷ Calories

This is the % if you
should eat about
2,000 calories per
day

7. Total Sugar grams
÷ Total Grams

Explanation of
Daily Values %

Nutrition Facts	
Serving Size 2.5oz	
(70g / about 1/6 Box)	
(Makes about 1 cup)	
Servings Per Container about 6	
Amount Per Serving	As Packaged As Prepared
Calories	260 400
Calories From Fat	25 170
	% Daily Value**
Total Fat 3g*	5% 28%
Saturated Fat 1.5g	8% 23%
Trans Fat 0g	
Cholesterol 10mg	3% 3%
Sodium 570mg	24% 30%
Total Carbohydrate 48g	16% 16%
Dietary Fiber 1g	4% 4%
Sugars 7g	
Protein 9g	10% 11%
Vitamin A	0% 15%
Vitamin C	0% 0%
Calcium	10% 15%
Iron	10% 10%

* Amount in Box. Margarine and 2% Reduced Fat Milk preparation adds 15g total fat (3g sat fat, 3g trans fat), 150mg sodium, 1g total carbohydrate (1g sugars), and 1g protein.
** Percent Daily Values are based on a 2,000 calorie diet. *Your daily values may vary based on your diet.



Choose a food label from the class box - the product must have fat and sugar in it:

Write the name of your food product here:

1. How many Servings Per Container?

2. Write the Serving Size of your product:



Nutrition Facts	
Serving Size 1 Pastry / 1 pastelillo (52g)	
Amount Per Serving	
Calories	200
Calories From Fat	45
	% Valor diario*
Total Fat 8g	8%
Saturated Fat 4g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 570mg	24%
Total Carbohydrate 48g	16%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 9g	10%
Vitamin A	0%
Vitamin C	0%
Calcium	10%
Iron	10%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, MILLED CORN, GELATIN, SOYBEAN OIL, MODIFIED CORN STARCH, CARAMEL COLOR, SOY LECITHIN, XANTHAN GUM, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, COLOR ADDED, TURMERIC EXTRACT, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), YELLOW 6, VITAMIN B₃ (RIBOFLAVIN), VITAMIN B₁

Nutrition Facts	
Serving Size 2.5oz	
(70g / about 1/6 Box)	
(Makes about 1 cup)	
Servings Per Container about 6	
Amount Per Serving	As Packaged As Prepared
Calories	260 400
Calories From Fat	25 170
	% Daily Value**
Total Fat 3g*	5% 28%
Saturated Fat 1.5g	8% 23%
Trans Fat 0g	
Cholesterol 10mg	3% 3%
Sodium 570mg	24% 30%
Total Carbohydrate 48g	16% 16%
Dietary Fiber 1g	4% 4%
Sugars 7g	
Protein 9g	10% 11%
Vitamin A	0% 15%
Vitamin C	0% 0%
Calcium	10% 15%
Iron	10% 10%

* Amount in Box. Margarine and 2% Reduced Fat Milk preparation adds 15g total fat (3g sat fat, 3g trans fat), 150mg sodium, 1g total carbohydrate (1g sugars), and 1g protein.
** Percent Daily Values are based on a 2,000 calorie diet. *Your daily values may vary based on your diet.

5. STUDENT DOCS now on GOOGLE SLIDES:

Name: X Per: X Date: X
Food Label Worksheet

- Look at servings per container - Look at Serving size
- Look at Calories
- Look at Total Fat
- Look at Total Sugars

Nutrition Facts	
9 servings per container	
Serving size 2/3 Cup (90g)	
Amount per serving	
Calories 200	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

6. Total Fat x 9 = _____
÷ Calories

This is the % if you should eat about 2,000 calories per day

7. Total Sugar grams + Total Grams

Explanation of Daily Values %

IS A PRODUCT HEALTHY? HERE'S HOW YOU FIND OUT...

Choose a food label from the class box - the product must have fat and sugar

Write the name of your food product here: X

- How many **Servings Per Container**? X
- Write the **Serving Size** of your product: X

Name: X Per: X Date: X
MyPlate Worksheet Part I

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate in your cup or bowl.

Use the key to fill in the suggested amounts of each food group FOR YOUR GENDER AND AGE

Exercise: Teens should get _____ added up

1 ounce of bread = 1 slice
1 cup cereal
1/2 cup rice

3 ounce meat = a deck of cards
1 oz. of cheese = a domino

Choose **MyPlate.gov**

MyPlate Food Guide: Mark your gender and age below, then fill in the food groups and serving sizes for yourself for each group on the MyPlate picture below:

Name: X
Gender: X Male X Female Age: X

Group: X

Serving Size for Me: X

Group: X

Serving Size for Me: X

Group: X

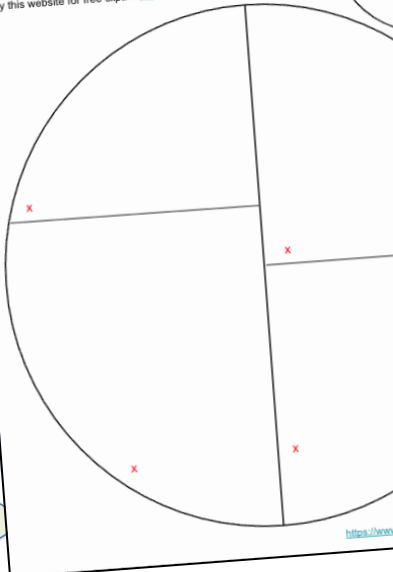
Serving Size for Me: X

Group: X

Serving Size for Me: X

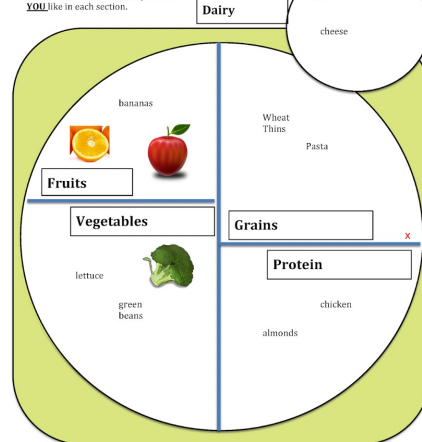
Your Own MyPlate:

Name: X
Directions: Use clipart on the previous page and/or any food clipart you want to copy and paste and arrange food on this plate by following the **MyPlate example plate** on the next slide. **Label plate sections**. Then use the serving sizes on next slide to **fill in YOUR OWN serving sizes** for each group. I added some descriptors on "Grains" and "Protein" since most people don't know how much 3-5 oz. of grain or 5 oz. of protein is. They this website for free clipart: <https://clipartbay.com/>



Name: X Per: X Date: X
MyPlate Personalized

Find pictures of the food groups in the boxes, and then write the names of only the food **YOU** like in each section.



My Own MyPlate Worksheet Example

Copyright © Health Education Today

Name: X Per: X Date: X
"Food Label Scramble"

Look at the product pictures on the PowerPoint and circle "Yes" or "No" if you believe the product is HEALTHY (less than 35% Fat AND less than 35% Sugar.) Next, use the real labels to figure what % Fat and Sugar the products are and write it in the correct column.

Product:	Is it HEALTHY? Circle 1:	% Fat:	% Sugar:	Was it HEALTHY? Yes or No:
Protein Products:				
1. McDonald's Cheeseburger	Yes or No	X %	X %	Yes or No
2. K.F.C. Popcorn Chicken	Yes or No	X %	%	Yes or No
3. Grilled Chicken Breast	Yes or No	X %	X %	Yes or No
Grain Products				
4. Banana Nut Jumbo Muffin - 1/3 muff.	Yes or No	X %	%	Yes or No
5. Cap'n Crunch Cereal (1 cup without milk)	Yes or No	X %	X %	Yes or No
6. Cheerios Cereal (1 cup without milk)	Yes or No	X %	%	Yes or No
Dairy Products				
7. Jack in the Box 16 oz. Oreo Cookie Shake	Yes or No	X %	%	Yes or No
8. D.Q. Banana Split	Yes or No	X %	X %	Yes or No
9. Ben & Jerry's Frozen Cherry Yogurt	Yes or No	X %	%	Yes or No
Fruits and Vegetables				
10. A Banana	Yes or No	X %	%	Yes or No
11. 1 Slice Veggie Pizza	Yes or No	X %	X %	Yes or No
12. 1 Slice Pepperoni and Sausage Pizza	Yes or No	X %	%	Yes or No
Fat and Sugar Products				
	Yes or No	X %	X %	Yes or No
	Yes or No	X %	X %	Yes or No
	Yes or No	X %	X %	Yes or No
	Yes or No	X %	X %	Yes or No

Copyright © Health Education Today



6. POWERPOINT now on GOOGLE SLIDES:

NOW ON
GOOGLE
DRIVE!



7.

Here are some Examples MyPlate Lesson:

Exercise: Teens should get 60 min added up per day

All Teens: 3 cups

1 ounce of bread = 1 slide
1 cup cereal
½ cup rice

Teen Girls: 1½ cups
Boys 9-13: 1½ cups
Boys 14-18: 2 cups
All: Make ½ plate fruit + veggies

Girls 9-13: 2 cups
Girls 14-18: 2 ½ cups
Boys 9-13: 2 ½ cups
Boys 14-18: 3 cups
All: Make ½ plate fruit + veggies

Girls 9-13: Minimum 3-5 oz
Girls 14-18: Minimum 3-6 oz.
Boys 9-13: Minimum 3-6 oz.
Boys 14-18: Minimum 4-8 oz.
All ages: Make at least ½ **WHOLE** grains

Any Girl: 5 oz.
Boys 9-13: 5 oz.
Boys 14-18: 6 ½ oz.

3 ounce meat = a deck of cards
1 oz. of cheese = a domino

ChooseMyPlate.gov

Fruits:	Vegetables:	Carbs:	Dairy/Protein:	Good Fat servings would include:
avocados bananas apples apricots canned Fruit grapefruit mandarin Oranges mangoes peaches pomegranate pears cherries pineapple plums raspberries strawberries tropical Fruit Salad dehydrated Fruits grapes dried Fruits guavas limes lemons papaya blueberries grapes or raisins watermelon honeydew cantaloupe black berries Kiwi	asparagus corn carrots green Beans green Peas beets zucchini Tomatoes onions mushrooms cucumbers Olives broccoli spinach cauliflower corn on cob lettuce brussels Sprouts celery artichokes potatoes cabbage bean sprouts bamboo shoots peppers pickles	crackers chips tortillas bread rolls pancakes waffles French toast bagels pasta oatmeal granola bars cream of wheat cereals graham crack. rice pita bread	milk choc. milk yogurt ice-cream frozen yogurt almonds cheese fruit smoothie fish, sushi, shrimp eggs fish-salmon, halibut, cod chicken hamburger steak chili beans refried beans peanuts peanut butter pork turkey ham soy tofu sunflower seeds any beans - lima, black eyed peas, hummus (chick peas) walnuts	salmon other fish flax seeds walnuts almonds peanuts sunflower seeds other nuts whole grains beans green leafy vegetab olives avocado or guacam



Exercise: Teens should get _____ added up per day

1 ounce of bread = 1 slide
1 cup cereal
½ cup rice

Name: _____ Per.: _____ Date: _____

"Is It Healthy?" Guessing Game

Look at the product pictures on the PowerPoint and circle "Yes" or "No" if you believe the product is HEALTHY (less than 35% Fat AND less than 35% Sugar.) Next, use the real labels to figure what % Fat and Sugar the products are and write it in the correct column.

Product:	Is it HEALTHY? -Circle 1-	% Fat:	% Sugar:	Was it HEALTHY? Yes or No:
Protein Products:				
1. McDonald's Cheeseburger	Yes or No	%	%	Yes or No
2. K.F.C. Popcorn Chicken	Yes or No	%	%	Yes or No
3. Grilled Chicken Breast	Yes or No	%	%	Yes or No
Grain Products				
4. Banana Nut Jumbo Muffin - 1/3 muff.	Yes or No	%	%	Yes or No
5. Cap'n Crunch Cereal (1 cup without milk)	Yes or No	%	%	Yes or No
6. Cheerios Cereal (1 cup without milk)	Yes or No	%	%	Yes or No

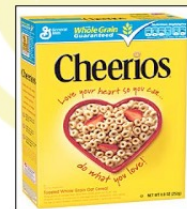
• 4. Banana Nut Jumbo Muffin



• 5. Cap'n Crunch Cereal (1 cup without milk)



• 6. Cheerios Cereal (1 cup without milk)



8. Here are some slides from the unit PowerPoint:

PART 1: Use the MYPLATE Key to Personalize Yours:

PART 2: Now, choose only foods you like to fill in the MyPlate spreadsheet

Day 2:
MyPlate Food Label Scramble

On the front of your "Food Label Scramble Worksheet," circle "Yes" or "No" if you think the following 10 food products are less than 35% fat and less than 35% sugar!

The must BOTH be less than 35% to say "YES."

Use by past 8 grades and you won't be graded on it!

Product Name	Fat %	Sugar %	Decision
McDonald's Cheeseburger	35%	35%	No
KFC Large Popcorn Chicken	35%	35%	No
Grilled Chicken Breast	35%	35%	Yes

Day 3:
Eating from all 5 Food Groups

Introduction to nutrition

Nutrition is defined as the processes by which an animal or plant takes in and utilizes food substances.

The Balance of Good Health

Video:

Video:

MyPlate: A Guide

9. Food Labels are Printable or on GOOGLE DRIVE:

Fat and Sugar Products

Flamin' Hot Cheetos:



NUTRITION
Serving Size: About 13 pieces (28g)

	Amount per Serving
Calories	160Kcal
Total Fat	10g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	310mg
Potassium	30mg
Total Carbohydrate	16g
Dietary Fiber	0g
Sugars	0g
Added Sugars	0g
Protein	1g

Tropical Skittles:



NUTRITION
Serving Size: 1 bag (6.1g)

	Amount per Serving
Calories	240Kcal
Total Fat	2.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	54g
Dietary Fiber	0g
Sugars	45g
Protein	0g

Oats n' Honey Granola Bar - 1 bar:



NUTRITION
Serving Size: 1 bar (21g)

	Amount per Serving
Calories	110Kcal
Total Fat	4g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Potassium	10mg
Total Carbohydrate	20g
Dietary Fiber	1g
Sugars	10g
Added Sugars	10g
Protein	2g

pop. tarts



NUTRITION
Serving Size: 1 bar (21g)

	Amount per Serving
Calories	110Kcal
Total Fat	4g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Potassium	10mg
Total Carbohydrate	20g
Dietary Fiber	1g
Sugars	10g
Added Sugars	10g
Protein	2g

Copyright © Health Education Today

Dairy Products



Jack in the Box 16 oz. Oreo Cookie Shake:

NUTRITION
Serving Size: 16 oz (337g)

	Amount per Serving
Calories	796Kcal
Total Fat	43g
Saturated Fat	28g
Trans Fat	1g
Cholesterol	84mg
Sodium	361mg
Total Carbohydrate	59g
Dietary Fiber	9g
Sugars	74g
Added Sugars	55.5g
Protein	12g

Dairy Queen Banana Split:



NUTRITION
Serving Size: 1 treat (269g)

	Amount per Serving
Calories	510Kcal
Total Fat	12g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	30mg
Sodium	180mg
Total Carbohydrate	95g
Dietary Fiber	3g
Sugars	85g
Protein	6g

Frozen Yogurt:



NUTRITION
Serving Size: 2/3 cup (145g)

	Amount per Serving
Calories	230Kcal
Total Fat	4g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	25mg
Sodium	60mg
Potassium	200mg
Total Carbohydrate	44g
Dietary Fiber	0g
Sugars	29g
Added Sugars	14.5g
Protein	6g

Copyright © Health Education Today

"This was easy to use and visually appealing."

"A definite necessity for our nutrition unit!"

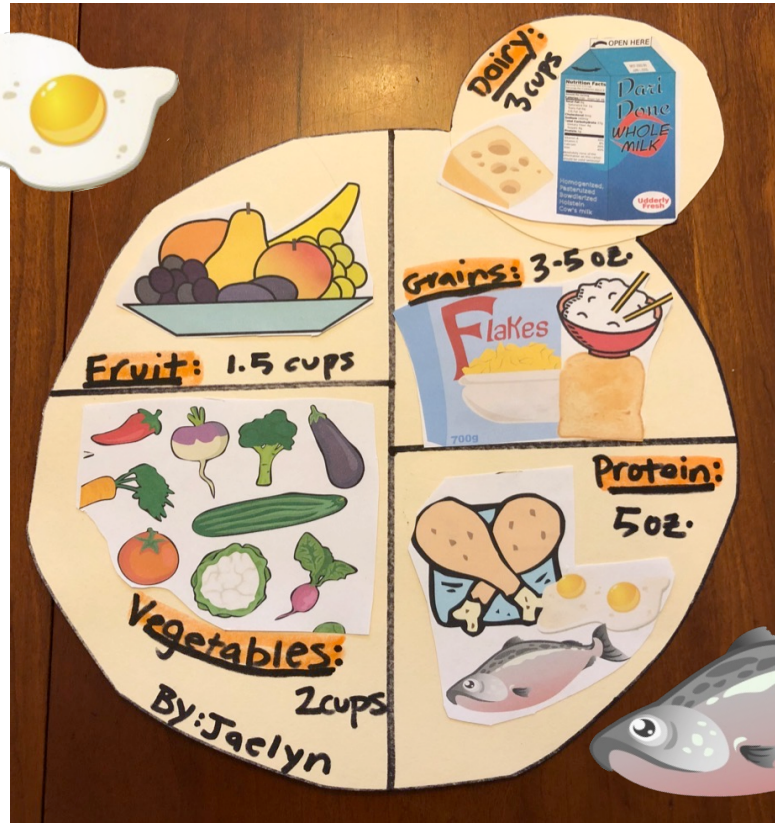
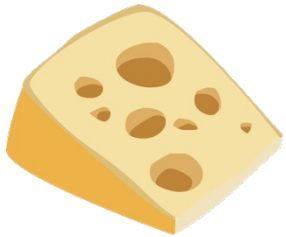
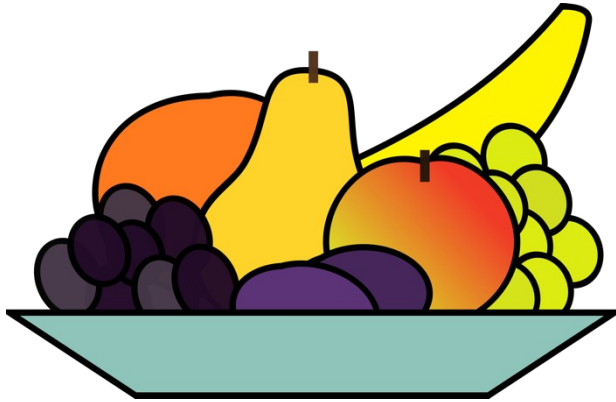
-Buyers

"This resource was exactly what I needed. It was fun and engaging and very easy to follow."

-Buyer



10. Example of Interactive MyPlate Activity:

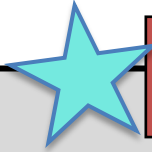


11. This Program is all About the Students...

- ◆ The program is classroom and “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ It promotes **high student engagement and interaction!**
- ◆ This curriculum **challenges and touches the lives of teens!**



12. Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ **Documents and PowerPoints are editable** and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and video links teens will appreciate.





About the Author:

- ◆ I've am a certified K-12 Physical Education and Language Arts teacher and I have taught Health Education for 19 years. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Masters of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Copyright © Health Education Today All rights reserved by author.

- Each purchase is for single use only, and should not be shared with colleagues.
- Additional licenses for others can be purchased from my TPT store [here](https://www.teacherspayteachers.com/Store/Mrs-Ss-Health-And-Pe-Resources):
<https://www.teacherspayteachers.com/Store/Mrs-Ss-Health-And-Pe-Resources>.
- The purchaser is granted permission to make duplicates for classroom use only.
- Redistributing, editing, selling, or posting this item (or any part thereof) on the Internet are all strictly prohibited unless it is a password-protected student website.
- Violations are subject to penalties of the Digital Millennium Copyright Act.

Copyright © Health Education Today

All rights reserved by author.

Works Cited:

Owl and Yosemite Photos by me.

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards :<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

Photos From:

<https://labs.openai.com/>

<http://www.fotosearch.com>

<http://www.pixabay.com>

<http://www.shutterstock.com/index-in.mhtml>

<http://stokpic.com>

<https://unsplash.com>

<https://static.pexels.com>

