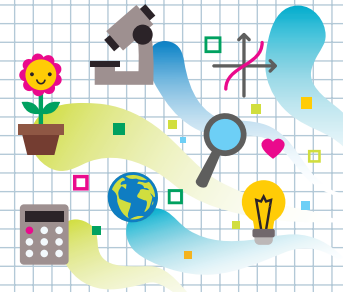




# HEADS IN, HEARTS IN

## Food Labels: Count Your Ingredients

### Instructions for Set-Up



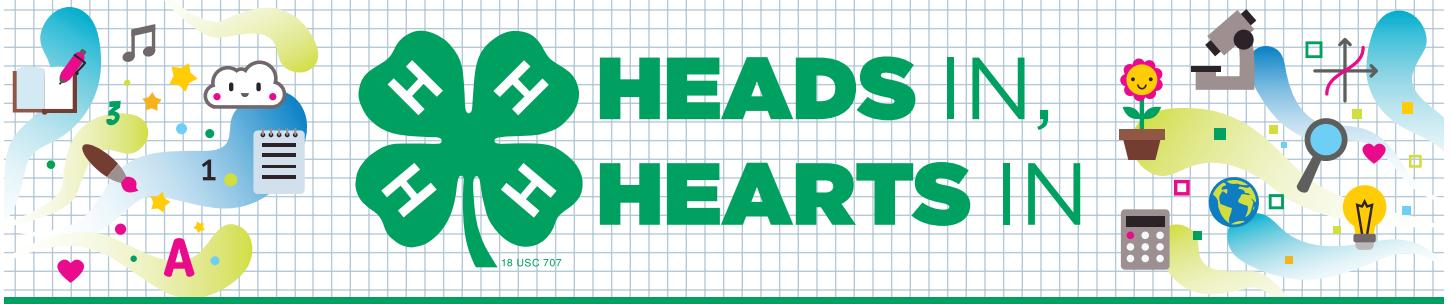
### Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Child-friendly food items with labels (approximately 10) (examples: cereal, canned fruit, mac and cheese, and others)
- “More” handout
- “Fewer” handout
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Arrange food items randomly on the table.
- ▶ Print the “More” and “Fewer” handouts on durable paper or laminate.
- ▶ Put the “More” sign on one end of the table, and put the “Fewer” sign on the other end.





# Food Labels: Count Your Ingredients

## Guide for Families

### Learning Objectives

#### What you need to know:

Food labels tell us a lot of about what we eat such as serving size, calories and ingredients. It is important to look at food labels to help us decide if we should eat that food product or not. One way to do this is to count the ingredients. Healthier food tends to have fewer ingredients than processed food.

#### What you will do and learn:

You will look at the nutrition labels on the food products on the table to see how many ingredients each contains. You will sort them on the table according to how many ingredients they have. You will learn which foods tend to be the healthiest choices.

### Instructions

1. Choose a food item from the table.
2. Count the number of ingredients listed on the nutrition label.
3. Decide if you think the item has more or fewer ingredients than the other food items on the table.
4. Place the food item on the table between the “Fewer” and “More” signs. If you think it has fewer ingredients than the others, place it nearer the “Fewer” sign. If you think it has more ingredients than the others, place it nearer the “More” sign.
5. Repeat until you have counted all the food items’ ingredients and place the items on the continuum between “Fewer” and “More.”
6. Which items do you think would be the healthier choices?
7. After you are done, mix up the order so that the next person can do the activity.

# Food Labels: Count Your Ingredients

More Handout

more

# Food Labels: Count Your Ingredients

## Fewer Handout

**fewer**