



**The New York City Health Literacy Campaign:**  
**From Knowledge to Action.**  
**Model Lessons**

**NUTRITION**  
**ABE LEVELS 1 & 2**

**STUDENT'S EDITION**



Developed by the Mayor's Office of Adult Education

January 2008

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ACTIVITY 1: UNHEALTHY, HEALTHIER, AND HEALTHIEST

What do the following words mean to you? Provide a definition and an example for each vocabulary word.

1. **Healthy:** \_\_\_\_\_  
\_\_\_\_\_ is healthy.

2. **Unhealthy:** \_\_\_\_\_  
\_\_\_\_\_ is unhealthy.

3. **Healthier:** \_\_\_\_\_  
\_\_\_\_\_ is unhealthy. \_\_\_\_\_ is healthier.

4. **Healthiest:** \_\_\_\_\_  
\_\_\_\_\_ is healthier, but \_\_\_\_\_ is the healthiest.

UNHEALTHY	HEALTHIER	HEALTHIEST
Why?	Why?	Why?
How does this affect our health?	How does this affect our health?	How does this affect our health?

## ACTIVITY 3: LEARN TO READ THE “NUTRITION FACTS”

Labels provide information about things we buy. For example, our clothes have labels that provide information about where our clothes came from and how to clean them. Food and drinks also have a label. It is required by law that all packaged food and drinks we buy have a nutritional label called the “Nutrition Facts.” It is important to read the labels on the food and drinks that you buy in order to find out if a food or drink is unhealthy for you.

**Just ask these 4 questions when you decode a drink label.**

1. What is the Serving Size?  
\_\_\_\_\_

2. How many Calories?  
\_\_\_\_\_

3. How much Total Fat?  
\_\_\_\_\_

4. How much Sugar?  
\_\_\_\_\_

Orange Juice	
<b>Nutrition Facts</b>	
Serving Size 1 cup 8 fl oz 253g (253 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 137	Calories from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 0g	0%
Sugars 30g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 178%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
©www.NutritionData.com	

## ACTIVITY 3 (CONTINUED): LEARN TO READ THE “NUTRITION FACTS”



Ask these 4 questions when you read a drink label.

1. What is the **Serving Size**? \_\_\_\_\_

2. How many **Calories**? \_\_\_\_\_

This label is based on a 2,000 calorie a day diet. If you drink this whole bottle how many more calories do you consume? \_\_\_\_\_

3. How much **Total Fat**? \_\_\_\_\_

4. How much **Sugar**? \_\_\_\_\_

### Questions:

1. Is Coca-Cola unhealthy? \_\_\_\_\_

2. Why? \_\_\_\_\_

## ACTIVITY 4: COMPARE DRINKS

Unhealthy drinks have	Healthier drinks have
▪ _____ Calories	▪ _____ Calories
▪ _____ Fat	▪ _____ Fat
▪ _____ Sugar	▪ _____ Sugar



While milk is a healthy drink, whole milk is actually unhealthy for adults.

Whole milk is unhealthy for adults because it has too much fat.

Too much fat in our diets increases our risk of high cholesterol, heart disease, and stroke. Milk with less fat is **healthier** than whole milk.



1% or low-fat milk is **healthier** than whole milk.

1% is healthier than whole milk because it has less fat.

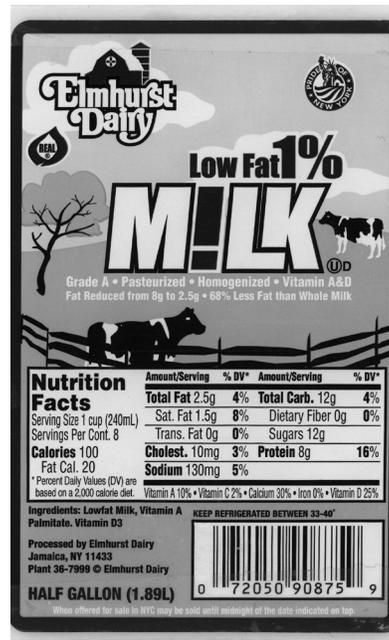


Skim or fat-free milk is **healthier** than 1% milk because it has no fat at all.

Of all types of milk, skim milk is the healthiest because it has no fat.

## ACTIVITY 4 (CONTINUED): COMPARE DRINKS

Unhealthy drinks have	Healthier drinks have
▪ _____ Calories	▪ _____ Calories
▪ _____ Fat	▪ _____ Fat
▪ _____ Sugar	▪ _____ Sugar



1. What is the Serving Size? _____	1. What is the Serving Size? _____
2. How many Calories? _____	2. How many Calories? _____
3. How much Total Fat? _____	3. How much Total Fat? _____
4. How much Sugar? _____	4. How much Sugar? _____

### Questions:

- Which milk is healthier? \_\_\_\_\_
- Why? \_\_\_\_\_

## Scenario #1: I'm thirsty! I want to buy something to drink.

While walking home from school you realize you are thirsty. You want something to drink that tastes good and is good for you. The three drink labels below are from drinks that you might find in the cooler of any store. If you want to choose the drink that would be most healthy for you, what should you do? Look at the labels. What will you check in order to decide if the drink is healthy or not?

Use the labels and the charts on the next two pages to find all the information you will need in order to decide which drink you are going to purchase. Remember to include the amount of servings each drink has. For example, if a bottle of juice has 2 servings and the nutrition facts list 17 grams of sugar per serving, then the total amount of sugar in the bottle would be 34 grams.

**GLACÉAU**  
**vitamin water**<sup>®</sup>

**XXX**  
acai-blueberry-pomegranate  
(triple antioxidants)  
contains less than 1% juice

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 50	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Sugar 13g	
Protein 0g	
	per serving per bottle
Vitamin C	100% 250%
Vitamin B3	10% 25%
Vitamin B6	10% 25%
Vitamin B12	10% 25%
Vitamin B5	10% 25%

\*Percent Daily Values are based on a 2,000 calorie diet.  
†not a significant source of calories from saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium or iron.

Also contains		per bottle †
Berry and Fruit Polyphenols		50mg †
Vitamin C		150mg
Total protective antioxidants		200mg

†Daily Value not established.

**XXX**  
acai-blueberry-pomegranate  
(triple antioxidants)

ingredients: vapor distilled, deionized, and/or reverse osmosis water, crystalline fructose, cane sugar, citric acid, vegetable juice (color), ascorbic acid (vitamin C), natural flavor, berry and fruit extracts (acai, blueberry, pomegranate and apple), magnesium lactate (electrolyte), calcium lactate (electrolyte), monopotassium phosphate (electrolyte), niacin (B3), pantothenic acid (B5), pyridoxine hydrochloride (B6), cyanocobalamin (B12)

for best results, stick it in the fridge.  
the inside is natural. the outside is plastic.

### Read the label! (Assume that you drink the whole bottle)

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?

\_\_\_\_\_

**ORANGE**

FLUIDS\_ELECTROLYTES\_CARBOHYDRATES



Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2.5	
Amount Per Serving	
<b>Calories 50</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Potassium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Sugars 14g	
<b>Protein</b> 0g	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

**Read the label! (Assume that you drink the whole bottle)**

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?

\_\_\_\_\_



Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container about 2.5	
Amount Per Serving	
<b>Calories 0</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

**Read the label! (Assume that you drink the whole bottle)**

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?

\_\_\_\_\_

## Scenario #2: I want drink a healthy iced tea with my dinner.

After a long day at school and work you finally get home for dinner. You make a hot meal for yourself and decide to pick a refreshing and healthy iced tea to drink with your meal. Searching in your kitchen you find three types of tea. If you wanted to choose the drink that would be most healthy for you, what could you do? Use the labels below to decide which of the three drinks in your kitchen would be best for you. What might you check to decide if the drink is healthy or not?

Use the labels and the charts on the next two pages to find all the information you will need to decide which tea you are going to have with dinner. Remember to include the amount of servings each drink has. For example, if a bottle of juice has 2 servings and the nutrition facts list 17 grams of sugar per serving, then the total amount of sugar in the bottle would be 34 grams.



### Read the label! (Assume that you drink the whole bottle)

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?

\_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



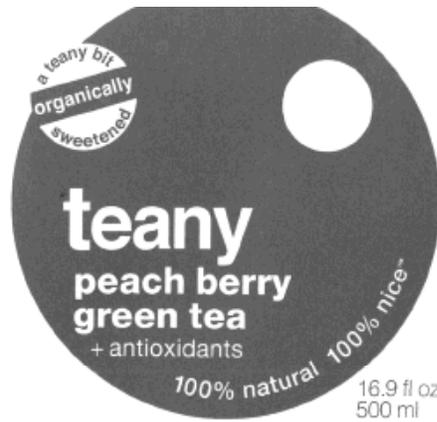
Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 0</b>	
% Daily Value*	
Total Fat 0g	0%
Sodium 10mg	0%
Total Carb 1g	0%
Sugars 0g	
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	

**Read the label! (Assume that you drink the whole bottle)**

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many calories can you consume in the day?

\_\_\_\_\_



contains 10% fruit juice

nutrition facts	
serving size 8 fl oz (240 ml)	
servings per container about 2	
amount per serving:	
<b>calories 45</b>	
% daily value*	
total fat 0g	0%
sodium 10mg	0%
total carbohydrate 11g	4%
sugars 10g	
protein 0g	
vitamin a	10%
vitamin c	25%
vitamin e	10%
*percent daily values are based on a 2,000 calorie diet.	

**Read the label! (Assume that you drink the whole bottle)**

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?

\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Scenario #3: I want to choose a healthy drink at the party.

Relax! It's the weekend and tonight your best friend is having a party. When you arrive there are lots of people, the music is playing and a table is filled with tasty food and drinks. As you look at the drinks, you decide to pick the one that is the healthiest for you. How would you choose the healthiest drink? Use the labels below to decide which of the three drinks would be best for you. What things might you check to decide if the drink is healthy or not?

Use the labels and the charts on the next two pages to find all the information you will need to decide which drink you are going to choose. Remember to include the amount of servings each drink has. For example, if a bottle of juice has 2 servings and the nutrition facts list 17 grams of sugar per serving, then the total amount of sugar in the bottle would be 34 grams.



### Read the label! (Assume that you drink the whole bottle)

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?

\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Nutrition Facts	Standard Serving	This Package
	8 fl oz (240 mL)	20 fl oz (591 mL)
Serving Size	8 fl oz (240 mL)	20 fl oz (591 mL)
Servings Per Container	2.5	1
<b>Amount Per Serving</b>		
	% DV*	% DV*
<b>Calories</b>	100	240
<b>Total Fat</b>	0g 0%	0g 0%
<b>Sodium</b>	45mg 2%	110mg 5%
<b>Total Carbohydrate</b>	26g 9%	64g 21%
Sugars	26g	64g
<b>Protein</b>	0g	0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.  
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Read the label! (Assume that you drink the whole bottle)**

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?  
\_\_\_\_\_

VERY LOW SODIUM/LOW CALORIE		
Nutrition Facts	Amount/Serving	% DV*
Serving Size	Total Fat 0g	0%
8 fl oz (240 mL)	Sodium 25mg	1%
Servings 2.5	Total Carb 0g	0%
<b>Calories 0</b>	<b>Protein 0g</b>	

Not a significant source of fat, cal., sat. fat, trans fat, cholest., fiber, sugars, vitamin A, vitamin C, calcium and iron.  
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Read the label! (Assume that you drink the whole bottle)**

1. How many **Servings**? \_\_\_\_\_
2. What is the **Serving Size**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
3. How many **Calories**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
4. How much **Total Fat**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_
5. How much **Sugar**? \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Information on the label is based on a 2,000 calorie diet per day. If you drink the whole bottle, how many more calories can you consume in the day?  
\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## HOMEWORK: READ THE LABEL!

### 1. What drinks do you have in your home?

_____	_____
_____	_____
_____	_____
_____	_____

Total: \_\_\_\_\_

2. Find an UNHEALTHY drink	3. Find a HEALTHIER drink
<p style="text-align: center;">Draw it!</p>     <p>Name: _____</p> <p>1. How many Calories? _____</p> <p>2. How much Total Fat? _____</p> <p>3. How much Sugar? _____</p>	<p style="text-align: center;">Draw it!</p>     <p>Name: _____</p> <p>1. How many Calories? _____</p> <p>2. How much Total Fat? _____</p> <p>3. How much Sugar? _____</p>

### 4. Do you have more unhealthy or healthy drinks in your home?

\_\_\_\_\_

### 5. Why do you think this is?

\_\_\_\_\_

\_\_\_\_\_

## ACTIVITY 7: A TRIP TO THE BODEGA

You are about to go on a trip to a bodega. Bodega is the Spanish word for a corner-store or deli. Below is a list of unhealthy drinks.

At the bodega it will be your task to find healthier drinks and answer the questions in the checklist below.

UNHEALTHY DRINKS	HEALTHIER DRINKS
<p><b>1. This soda has too many calories.</b></p>	<p><b>Find a soda that has fewer calories.</b></p>
<p><b>Name:</b> Sprite <b>Calories:</b> 240</p> 	<p><b>Name:</b> _____ <b>Calories:</b> _____</p>
<p><b>2. This milk has too much fat.</b></p>	<p><b>Find milk that has less fat.</b></p>
<p><b>Name:</b> Whole Milk <b>Total Fat:</b> 8 grams</p> 	<p><b>Name:</b> _____ <b>Total Fat:</b> _____</p>
<p><b>3. This fruit drink has too much sugar.</b></p>	<p><b>Find a fruit drink that has less sugar.</b></p>
<p><b>Name:</b> Snapple <b>Sugar:</b> 65 grams</p> 	<p><b>Name:</b> _____ <b>Sugar:</b> _____</p>

### 4. Does this bodega sell:

1% milk?  yes  
 no

Skim or fat-free milk?  yes  
 no

Diet soda?  yes  
 no

Diet tea?  yes  
 no

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ACTIVITY 7 (CONTINUED): HEALTHY BODEGAS INITIATIVE

**Directions:** Write a letter that will persuade the owner of the bodega you visited to stock more healthy drink options. Include what you learned in the previous class as well as what you learned from your visit to the bodega.

Letters should be written in formal format, with a date, greeting (Dear Sir/Madam, To Whom It May Concern, etc.) and proper paragraphs and topic sentences that stick to the main idea of the letter.

### Example:

December 12, 2007

Dear Ms. Bodega Owner,

My name is Diane and I am a student at HANAC. Yesterday, I learned about drinking less sugar and choosing healthy drinks at the bodega. For this reason I would like to ask you to stock your store with healthy drink options for me and my family. I am concerned about the drinks in the store because many people in the neighborhood have diabetes or are overweight.

Yours,  
Diane

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## **Set Goals for Your Health – Buy Healthier Drinks!**

**Choose at least 1 of these easy ways to improve your health.**

**Small changes in what you drink will make a big difference in your health.**

- I will buy healthier drinks.
- I will read the labels on my drinks.
- I will buy drinks that do not have a lot of calories.
- I will buy drinks that do not have a lot of fat.
- I will buy drinks that do not have a lot of sugar.
- I will drink 1% milk.
- I will drink fat-free milk.
- I will drink diet soda.
- I will drink seltzer water.
- I will drink water.
- I will ask my bodega to sell healthier drinks.