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

Version 2008-2009

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?**

Name: _____ Date: _____

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

Nutrition Facts

Serving Size 1 cup 8 fl oz 253g (253 g)

Amount Per Serving

Calories 137 Calories from Fat 2

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 0g	0%
Sugars 30g	
Protein0g	

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

Name: _____ Date: _____

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? _____

Name: _____ Date: _____

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.

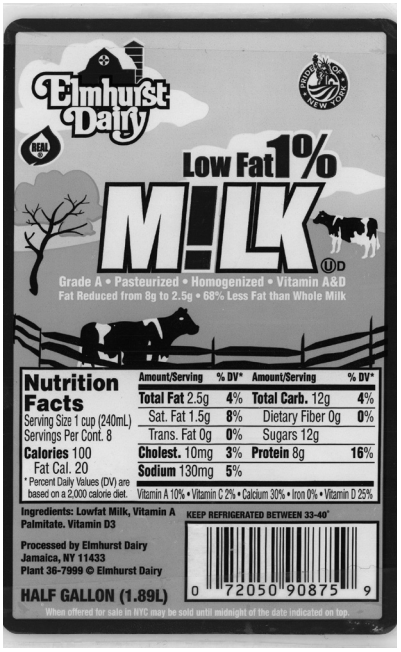
Skim or fat-free milk is **healthier** than 1% milk because it has no fat at all.

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

Name: _____ Date: _____

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:

1. Which milk is healthier? _____

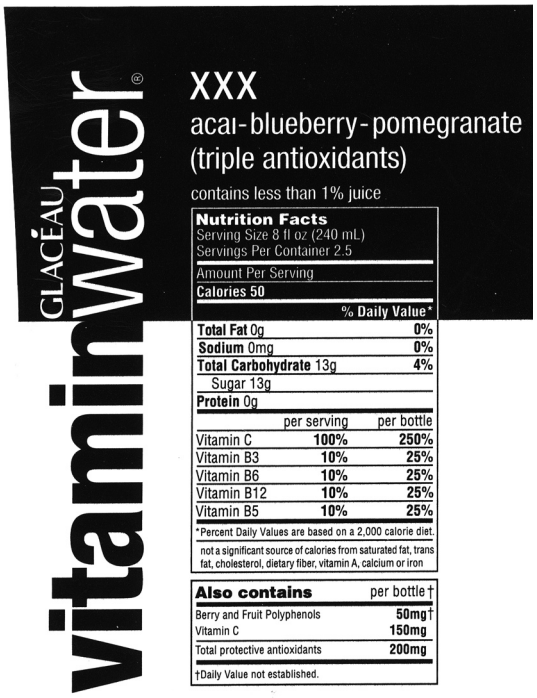
2. Why? _____

Name: _____ Date: _____

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.



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

1. How many **Servings**? _____

2. What is the **Serving Size of the whole bottle**? _____X_____=_____

3. How many **Calories**? _____X_____=_____

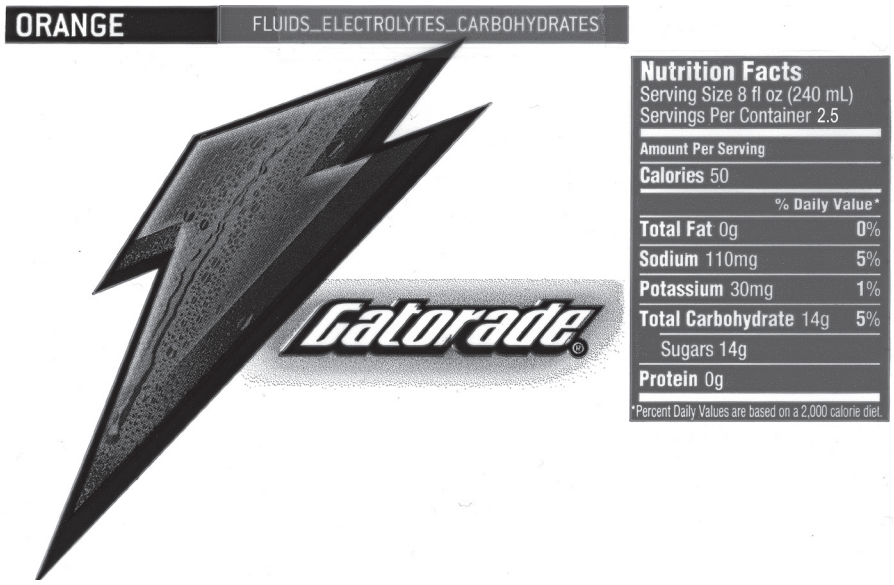
4. How much **Total Fat**? _____X_____=_____

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: _____



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

1. How many **Servings**? _____

2. What is the **Serving Size of the whole bottle**? ____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	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%

*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 of the whole bottle**? ____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 #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 of the whole bottle**? ____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	
Calories 0	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 10mg	**0%**
Total Carb 1g	**0%**
Sugars 0g	
Protein 0g	

Not a significant source of other nutrients.
*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 of the whole bottle**? ____X_____=_____

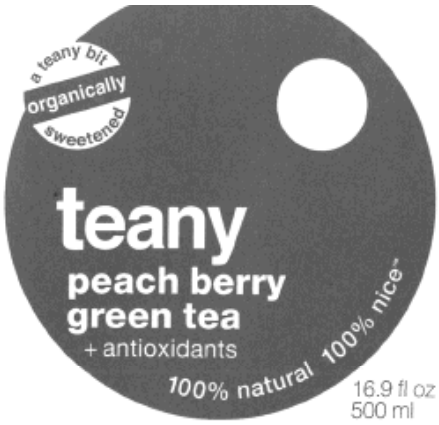
3. How many **Calories**? _____X_____=_____

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?

_____



contains 10% fruit juice

nutrition facts
serving size 8 fl oz (240 ml)
servings per container about 2

amount per serving:	
calories 45	
	% 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 of the whole bottle**? ____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 of the whole bottle**? ____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: _____

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

1. How many **Servings**? _____

2. What is the **Serving Size of the whole bottle**? ____X_____=_____

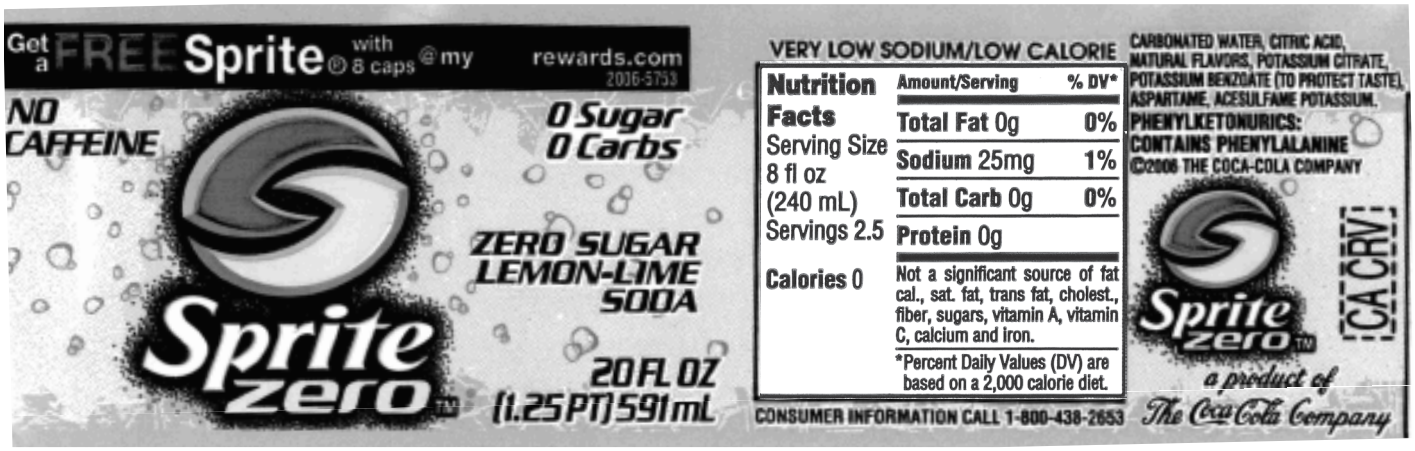
3. How many **Calories**? _____X_____=_____

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?

_____



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

1. How many **Servings**? _____

2. What is the **Serving Size of the whole bottle**? ____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
Draw it!	Draw it!
Name:_____	Name:_____
1. How many Calories? _____	1. How many Calories? _____
2. How much Total Fat? _____	2. How much Total Fat? _____
3. How much Sugar? _____	3. How much Sugar? _____

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

_____

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

_____

_____

Name: _____ Date: _____

Activity 6: A Trip to the Store

You are about to go on a trip to a store. Below is a list of unhealthy drinks. At the store it will be your task to find healthier drinks and answer the questions in the checklist below.

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

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: Consumer Demand

Directions: Write a letter that will persuade the owner of the store 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 store.

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. Store 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 store to sell healthier drinks.