The New York City Health Literacy Campaign:

From Knowledge to Action.

Model Lessons

Nutrition
ABE Levels 3 & 4

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 2: How Much Sugar is in Coca-Cola?

Word problems:

1. 65 grams of sugar is equal to 17 teaspoons. How many grams are in one teaspoon?

2. How many teaspoons of sugar will a person consume in one year by drinking one Coca-Cola every day?

3. There are 48 teaspoons in 1 cup. How many cups of sugar will a person consume in one year by drinking one bottle of Coca-Cola everyday?

4. There are 16 cups in every gallon. How many gallons of sugar will a person consume in one year by drinking one bottle of Coca-Cola everyday?

Name: _____ Date: _____

Activity 3: Learn to Read the "Nutrition Facts"

Labels provide information about items we purchase. For example, our clothes have labels that provide information about their origin and the proper way to clean them. Federal law requires that all packaged food and drinks we buy also have a label. This label is called the "Nutrition Facts." It is important to read the labels on the food and drinks that we buy in order to determine whether a food or drink is unhealthy.

This lesson is about how to read drink labels. It may seem strange that this lesson is only about drinks, but there are a few good reasons why. First, while it is common for a person to have a soda from time to time, not all people eat unhealthy food. Second, it is easier to alter drinking habits than food habits. For instance, Coke and Diet Coke cost the same amount, but there is often a big difference between the price of fast food and healthy food. Finally, drinks like Coca-Cola have a significant impact on our health because too much sugar in our diets can cause obesity, tooth decay, and diabetes. Just think of all of the sugar you consume when you drink one bottle of Coca-Cola!

Ask these 4 questions when you read 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

Questions:

1. Based on the reading, what does the word origin mean?
   a. source
   b. natural
   c. new

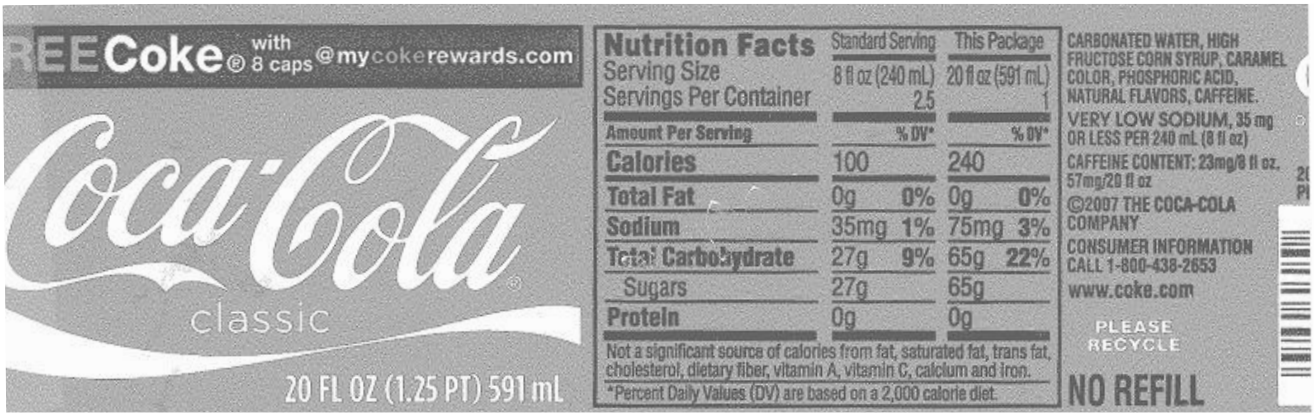
2. Based on the reading, what does the word significant mean?
   a. unimportant
   b. easy
   c. important

3. What is ***not*** a reason that this lesson is only focusing on drinks?
   a. Drinks influence our health
   b. It is easy to change drink habits
   c. Drinks are more expensive

4. About how many teaspoons of sugar are in one cup (8 oz.) of orange juice? _____

Name: _____ Date: _____

Activity 3 (continued):
Learn to Read the "Nutrition Facts"



Ask these 4 questions when you read a drink label. (Assume that you will drink the whole bottle.)

1. What is the **Serving Size**? _____

2. How many **Calories**? _____

   What percent of our 2,000 calorie diet do we consume if we drink a bottle of Coca-Cola?

   _____%

3. How much **Total Fat**? _____

4. How much **Sugar**? _____

Questions:

1. Is Coca-Cola healthy? _____

2. Why? _____

3. Compare 8 oz. of Coca-Cola to 8 oz. of Orange Juice.

   What is the difference in calories? _____

   What is the difference in grams of sugar? _____

   What does this tell you about juice? _____

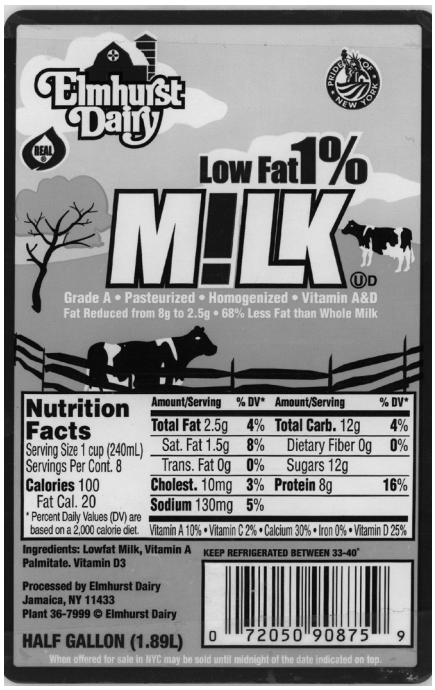
   _____

Name: _____ Date: _____

Activity 4: Compare Drinks

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

Milk is a healthier drink than soda, but whole milk is actually 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. Other types of milk like 1% milk are healthier than whole milk because they have less fat. Skim or fat-free milk is the healthiest type of milk because it has no fat at all.



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

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

Questions:

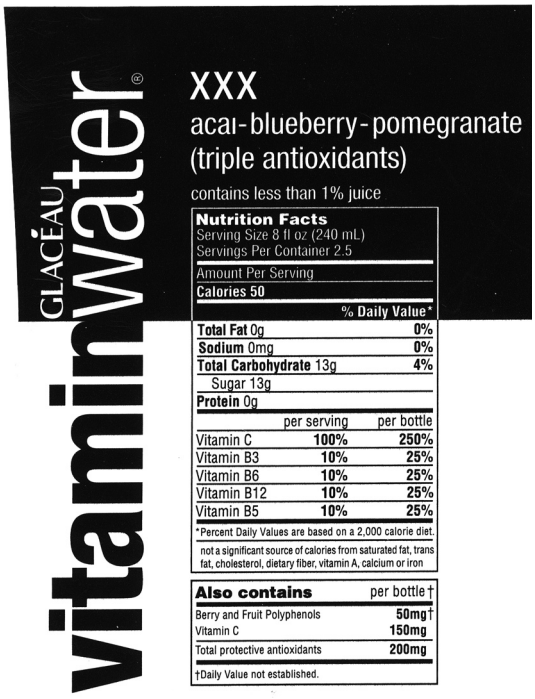
1. Which milk is healthier? _____
2. Why? _____
3. What is the difference in calories between whole and 1% milk? _____
4. What is the difference in Total Fat grams between whole and 1% milk? _____

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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

Name: _____ Date: _____

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 110mg	5%
Potassium 30mg	1%
Total Carbohydrate 14g	5%
Sugars 14g	
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 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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

Name: _____ Date: _____

Scenario #2: I want to 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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

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_____=_____

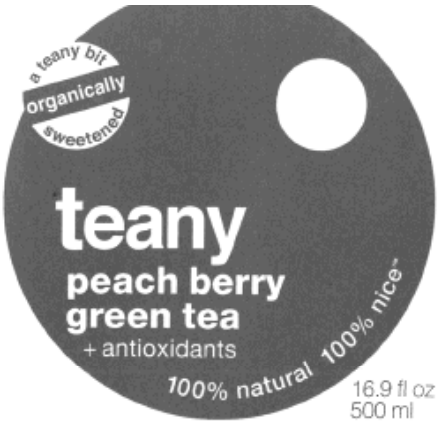
3. How many **Calories**? _____X_____=_____

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

5. How much **Sugar**? _____X_____=_____

Information on the label is based on a 2,000 calorie diet. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____



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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

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_____=_____

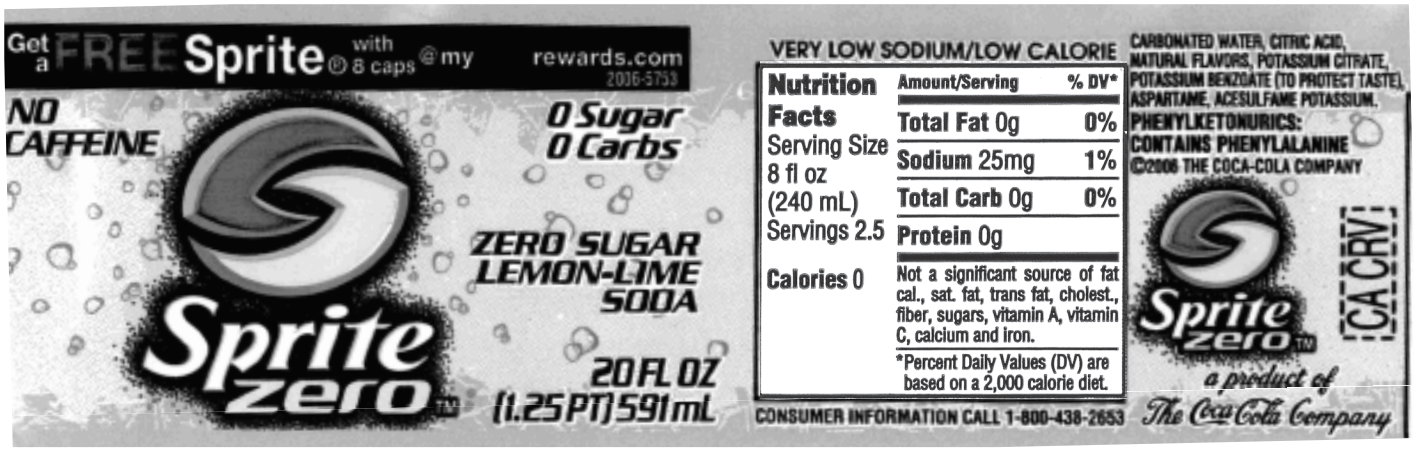
3. How many **Calories**? _____X_____=_____

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

5. How much **Sugar**? _____X_____=_____

Information on the label is based on a 2,000 calorie diet. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____



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. If you drink the whole bottle, what fraction of the day's calories have you consumed?

_____

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: _____

SATURDAY NOW

PARENTING

Countering pop culture

Strategies for weaning kids off supersweet soft drinks

SUGAR, SUGAR: Sodas are jam-packed with calories, and so are fruit juices.

SUPERSTOCK

By ROSEMARY BLACK

When it comes to kids, soda has gotten a sour reputation. Recently, the nation's soft drink makers agreed to stop selling sugar-laden beverages to schools around the country — following the lead of New York City, where they've been banned since 2003.

If you're still having trouble weaning your kid from supersweet drinks, dietitians have some refreshing advice, and manufacturers continue to invent products to bottle.

"Obviously, water is the gold standard, but a lot of times kids find it difficult to swallow," says registered dietitian Lisa Tartamella-Kimmel. "To jazz it up, slice up some fresh lemon or lime, or even a few strawberries, and put that into the water bottle. The water starts to take on the fresh flavors of the fruit."

Flavored seltzers may be a more palatable alternative for soda-craving kids — they're not just flavored, but fizzy — and if you buy them by the individual bottle you can slip one right into a lunchbox.

Tartamella-Kimmel approves of an occasional low-calorie, artificially sweetened drink — like Crystal Light or a Fruit2O —for older kids. "Moderation is key," she says. "But I don't think these artificially sweetened drinks should be consumed by very young children."

Registered dietitian Jackie Newgent likes letting kids "make their own soda" by cutting seltzer water with half grape, apple or orange juice. "You are still getting the nutrition from the fruit juice, but with just half the calories," she says. "Of course, eating whole fruit is better for you than drinking fruit juice because you get fiber."

Among the bottled drinks, she recommends unsweetened iced teas for kids, but only if they're caffeine-free.

Keep in mind that drinking liquids isn't the only way your child can meet the daily requirement for fluid. Many kinds of fruit, including watermelon, cantaloupe and honeydew melons, contain a lot of water, so your child gets valuable nutrients plus fluids.

For lunch, cut up some fruit.

No, it doesn't look or smell like a Coke. But as the weather warms up and we edge toward hotter weather, it does a lot better job of quenching your child's thirst.

ALTERNATIVE THIRST QUENCHERS

How do the low-cal refreshers compare? Here is basic info for products in the major categories. Keep in mind that orange juice, for all of its nutritional benefits, delivers about 14 calories per ounce, a little more than Coca-Cola.

JUICED-UP WATER

WADDA JUICE
Calories: 6.25 per ounce
Nutrition: 100% of Vitamin C, 10% of Vitamins B2, B3, B6, B12 and calcium; artificially sweetened

TEA

CRYSTAL LIGHT
Calories: .625 per ounce
Nutrition: Not a significant source; 99.9% caffeine free; artificially sweetened

FLAVORED WATER

FRUIT2O
Calories: 0
Nutrition: 20% of Vitamin C, 10% of Vitamins E, B6, B12, biotin, pantothenic acid, niacin, magnesium, zinc and selenium

FLAVORED SELTZER

SCHWEPPES LEMON LIME SELTZER WATER
Calories: 0
Nutrition: Not a significant source

THOMAS MONASTER DAILY NEWS

INSIDE: How not to spoil your teen; putting toddlers in the swim; what to do in NYC

Name: _____ Date: _____

Activity 7: A Trip to the Store

You are about to go on a class trip to a nearby 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

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 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 store. 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.