



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

**NUTRITION**  
**ESL LEVELS 1 & 2**

STUDENT EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

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

## DAY 1

### ACTIVITY 1: FOOD AND DRINKS



Fruit



Red Meat



Chicken



Fish



Cookies



Soup



Noodles



Cheese



Rice



Chips



Candy



Eggs



Beans



Cereal



Vegetables

#### Ask a friend:

**Question:** What do you like to **eat**?

**Answer:** : I like to **eat** \_\_\_\_\_

**Question:** What did you **eat** yesterday?

**Answer:** I **ate** \_\_\_\_\_ yesterday.



Juice



Soda



Coffee



Milk



Water

**Question:** : What do you like to **drink**?

**Answer:** : I like to **drink** \_\_\_\_\_

**Question:** What did you **drink** yesterday?

**Answer:** I **drank** \_\_\_\_\_ yesterday.

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

## ACTIVITY 2: HEALTHY OR UNHEALTHY?



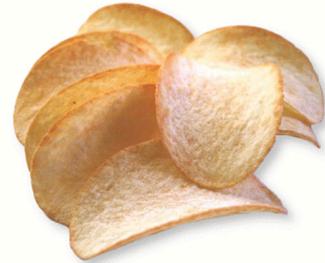
Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



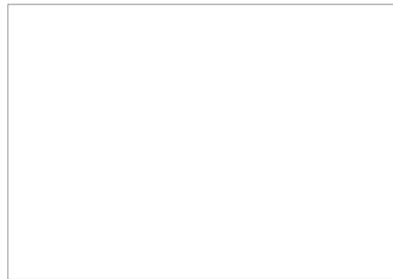
Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



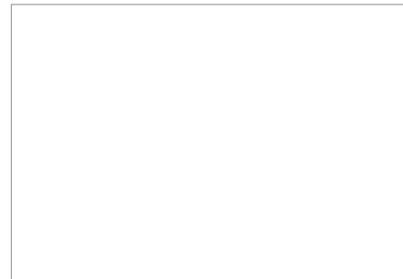
Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_



Name: \_\_\_\_\_  
Healthy or unhealthy?  
Why?

\_\_\_\_\_

### ACTIVITY 3: READ THE LABEL

How can we know if a drink is unhealthy for us?  
**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			
<b>Nutrition Facts</b>			
Serving Size 1 cup 8 fl oz 253g (253 g)			
<b>Amount Per Serving</b>			
<b>Calories 137</b>		Calories from Fat 2	
<b>% Daily Value*</b>			
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			0%
Trans Fat			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 5mg</b>			<b>0%</b>
<b>Total Carbohydrate 34g</b>			<b>11%</b>
Dietary Fiber 0g			0%
Sugars 30g			
<b>Protein 0g</b>			
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): READ THE LABEL

Nutrition Facts		Standard Serving	This Package
Serving Size		8 fl oz (240 mL)	20 fl oz (591 mL)
Servings Per Container		2.5	1
Amount Per Serving	% DV*		% DV*
<b>Calories</b>		100	240
<b>Total Fat</b>	0g 0%	0g	0%
<b>Sodium</b>	35mg 1%	75mg	3%
<b>Total Carbohydrate</b>	27g 9%	65g	22%
Sugars		27g	65g
<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.

**How can we know if a drink is unhealthy for us?  
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**? \_\_\_\_\_

#### Questions:

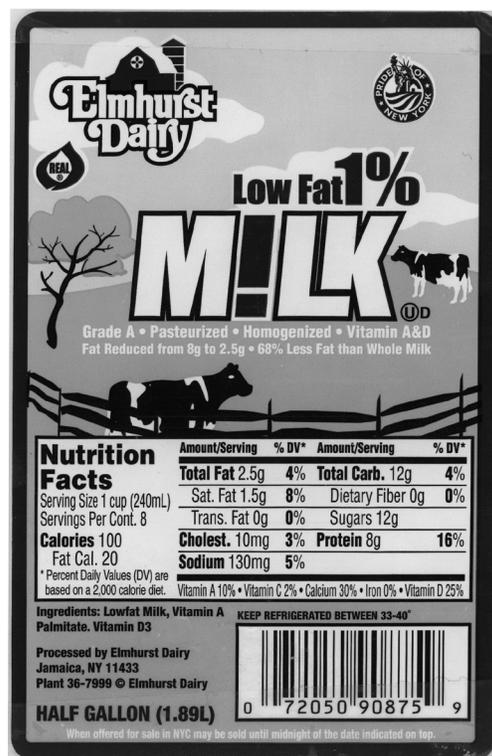
1. Is Coca-Cola healthy? \_\_\_\_\_
2. Why? \_\_\_\_\_

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

## ACTIVITY 5: COMPARE DRINKS

### Unhealthy drinks have

- a lot of **Calories**
- a lot of **Fat**
- a lot of **Sugar**



- |   |   |
|---|---|
| 1. What is the <b>Serving Size?</b> _____ | 1. What is the <b>Serving Size?</b> _____ |
| 2. How many <b>Calories?</b> _____        | 2. How many <b>Calories?</b> _____        |
| 3. How much <b>Total Fat?</b> _____       | 3. How much <b>Total Fat?</b> _____       |
| 4. How much <b>Sugar?</b> _____           | 4. How much <b>Sugar?</b> _____           |

### Questions:

1. Which milk is **healthier** : whole milk or 1% milk? \_\_\_\_\_
2. Why? \_\_\_\_\_ does not have a lot of \_\_\_\_\_

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

### ACTIVITY 6:

### I WANT TO CHOOSE A HEALTHY DRINK AT THE PARTY



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

1. How many **Servings**? \_\_\_\_\_

2. What is the **Serving Size**  
**of the whole bottle?** \_\_\_\_\_

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

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

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

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

## ACTIVITY 6:

### I WANT TO CHOOSE A HEALTHY DRINK AT THE PARTY



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

1. How many **Servings**? \_\_\_\_\_

2. What is the **Serving Size**  
**of the whole botte?** \_\_\_\_\_ x 2.5 = \_\_\_\_\_

3. How many **Calories**? \_\_\_\_\_ x 2.5 = \_\_\_\_\_

4. How much **Total Fat**? \_\_\_\_\_ x 2.5 = \_\_\_\_\_

5. How much **Sugar**? \_\_\_\_\_ x 2.5 = \_\_\_\_\_

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

## ACTIVITY 6:

### I WANT TO CHOOSE A HEALTHY DRINK AT THE PARTY



<b>Nutrition Facts</b>	
Serving Size 8 fl. oz. (240mL)	
Servings Per Container about 4	
Amount Per Serving	
<b>Calories 0</b>	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
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! Do the math!

1. How many **Servings**? \_\_\_\_\_

2. What is the **Serving Size**  
**of the whole bottle**? \_\_\_\_\_ x 4 = \_\_\_\_\_

3. How many **Calories**? \_\_\_\_\_ x 4 = \_\_\_\_\_

4. How much **Total Fat**? \_\_\_\_\_ x 4 = \_\_\_\_\_

5. How much **Sugar**? \_\_\_\_\_ x 4 = \_\_\_\_\_

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

## HOMEWORK: READ THE LABEL!

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

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### 2. Find an UNHEALTHY drink

*Draw it!*

### 3. Find a HEALTHIER drink

*Draw it!*

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

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

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**? \_\_\_\_\_

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

## REVIEW

Name of drink?	
1. What is the <b>Serving Size</b> ?	
2. How many <b>Calories</b> ?	
3. How much <b>Total Fat</b> ?	
4. How much <b>Sugar</b> ?	

Name of drink?	
1. What is the <b>Serving Size</b> ?	
2. How many <b>Calories</b> ?	
3. How much <b>Total Fat</b> ?	
4. How much <b>Sugar</b> ?	

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

## ACTIVITY 7: A TRIP TO THE STORE

UNHEALTHY DRINKS	HEALTHIER DRINKS
1. This soda has too many <b>Calories</b> .	Find a soda that has fewer <b>Calories</b> .
<p><b>Name:</b> Sprite</p> <p><b>Calories:</b> 240</p> 	<p><b>Name:</b> _____</p> <p><b>Calories:</b> _____</p>

2. This milk has too much <b>Fat</b> .	Find milk that has less <b>Fat</b> .
<p><b>Name:</b> Whole Milk</p> <p><b>Total Fat:</b> 8 grams</p> 	<p><b>Name:</b> _____</p> <p><b>Total Fat:</b> _____</p>

3. This fruit drink has too much <b>Sugar</b> .	Find a fruit drink that has less <b>Sugar</b> .
<p><b>Name:</b> Snapple</p> <p><b>Sugar:</b> 65 grams</p> 	<p><b>Name:</b> _____</p> <p><b>Sugar:</b> _____</p>

4. Does this bodega sell:	
---------------------------	--

1% milk?  Yes  No      Skim or fat-free milk?  Yes  No      Diet soda?  Yes  No      Seltzer water?  Yes  No

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

## ACTIVITY 8: CONSUMER DEMAND

Please help our neighborhood be healthy.

OK.

Sell healthy drinks like 1% milk in your store.

May I help you?

Thank you!

How?

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

## ACTIVITY 8(CONTINUED): CONSUMER DEMAND

**Directions:** Write a letter that will tell 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.

Remember, making 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.