



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

NUTRITION
ESL LEVELS 3 & 4

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

Name: _____ Date: _____

DAY 1

ACTIVITY 1: WHAT DO YOU EAT AND DRINK?



Fruit



Red Meat



Chicken



Fish



Cookies



Soup



Noodles



Cheese



Rice



Chips



Candy



Eggs



Beans



Cereal



Vegetables

Ask a friend: _____

Question: What food did you eat for dinner yesterday?

Answer: _____

Question: What will you eat for dinner tonight?

Answer: _____



Juice



Soda



Coffee



Milk



Water

Question: What did you drink with your dinner last night?

Answer: _____

Question: What will you drink with your dinner tonight?

Answer: _____

Name: _____ Date: _____

ACTIVITY 2: UNHEALTHY, HEALTHY, AND HEALTHIER

What do these words mean to you?

1. Healthy: _____

_____ is healthy.

2. Unhealthy: _____

_____ is unhealthy.

3. Healthier: _____

_____ is unhealthy. _____ is healthier.

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

Name: _____ Date: _____

ACTIVITY 4: LEARN TO READ THE “NUTRITION FACTS”

Labels provide important information about things we buy.

For example, our clothes have labels that tell us where they were made.

Many of the food and drinks that we buy also have a label.

This label is called the “Nutrition Facts.”

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

Just 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	
Protein 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	

Name: _____ Date: _____

ACTIVITY 5: READ THE “NUTRITION FACTS” FOR COCA-COLA

FREE Coke with 8 caps @mycokerewards.com

Coca-Cola
classic

20 FL OZ (1.25 PT) 591 mL

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			
Calories		100	240
Total Fat	0g 0%	0g 0%	0g 0%
Sodium	35mg 1%	75mg 3%	75mg 3%
Total Carbohydrate	27g 9%	65g 22%	65g 22%
Sugars		27g	65g
Protein	0g	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.

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.
VERY LOW SODIUM, 35 mg OR LESS PER 240 mL (8 fl oz).
CAFFEINE CONTENT: 23mg/8 fl oz, 57mg/20 fl oz.
©2007 THE COCA-COLA COMPANY
CONSUMER INFORMATION
CALL 1-800-438-2653
www.coke.com

PLEASE RECYCLE

NO REFILL

**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 6: COMPARE DRINKS

Unhealthy drinks have

- Too many Calories
- Too much Fat
- Too much Sugar

Healthy drinks have

- Fewer Calories
- Less Fat
- Less Sugar



Milk is a healthy drink, but whole milk is unhealthy for adults.

Whole milk is unhealthy for adults because it has a lot of fat.

Milk with less fat is healthier than whole milk.



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

It is healthier than whole milk because it has less fat.



Skim or fat-free milk has no fat.

It is healthier than whole milk because it has less fat.

Ask a friend:

Question: What type of milk do you buy?

Answer: _____

Question: Why?

Answer: _____

Name: _____ Date: _____

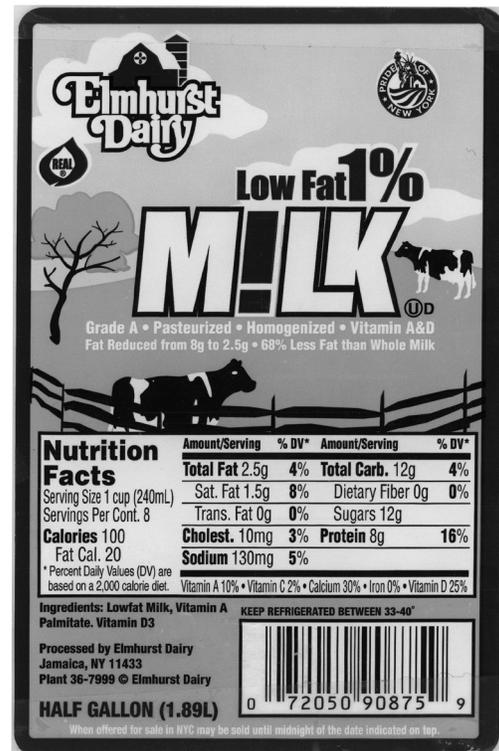
ACTIVITY 6(CONTINUED): COMPARE DRINKS

Unhealthy drinks have

- _____ Calories
- _____ Fat
- _____ Sugar

Healthier drinks have

- _____ Calories
- _____ Fat
- _____ Sugar



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? _____

I want to bring a healthy drink to the party.



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*
Calories	100	240
Total Fat	0g 0%	0g 0%
Sodium	45mg 2%	110mg 5%
Total Carbohydrate	26g 9%	64g 21%
Sugars	26g	64g
Protein	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**? _____

I want to bring a healthy drink to the party.



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

1. How many **Servings**? _____

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

I want to bring a healthy drink to the party.



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

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 = _____

I'm thirsty! Which drink should I buy?

GLACÉAU
 vitaminwater®

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.

Read the label!

1. How many **Servings**? _____

2. What is the **Serving Size**
of the whole bottle? _____ x 2.5 = _____

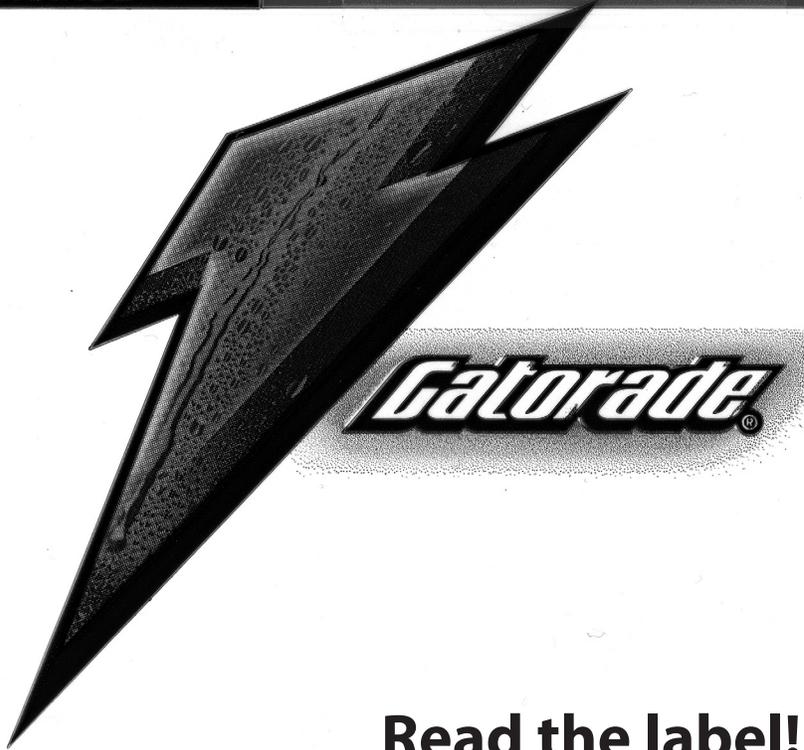
3. How many **Calories**? _____ x 2.5 = _____

4. How much **Total Fat**? _____ x 2.5 = _____

5. How much **Sugar**? _____ x 2.5 = _____

I'm thirsty! Which drink should I buy?

ORANGE FLUIDS_ELECTROLYTES_CARBOHYDRATES



Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 4	
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!

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 = _____

I'm thirsty! Which drink should I buy?



Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container about 4	
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!

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 = _____

I want to buy a healthy iced tea.



Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 10mg	0%
Total Carb 26g	9%
Sugars 24g	
Protein 0g	
*Percent Daily Values 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?

_____ x 2 = _____

3. How many **Calories**?

_____ x 2 = _____

4. How much **Total Fat**?

_____ x 2 = _____

5. How much **Sugar**?

_____ x 2 = _____

I want to buy a healthy iced tea.



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!

1. How many **Servings**?

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

_____ x 2 = _____

3. How many **Calories**?

_____ x 2 = _____

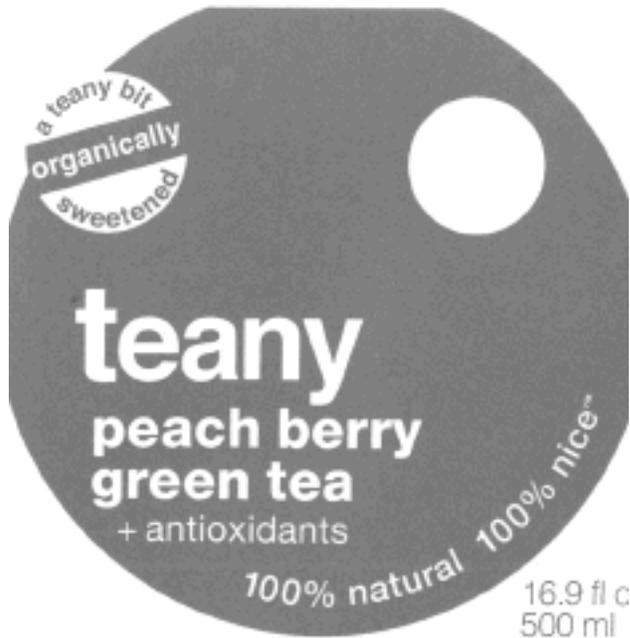
4. How much **Total Fat**?

_____ x 2 = _____

5. How much **Sugar**?

_____ x 2 = _____

I want to buy a healthy iced tea.



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!

1. How many **Servings**?

2. What is the **Serving Size**

of the whole bottle?

_____ x 2 = _____

3. How many **Calories**?

_____ x 2 = _____

4. How much **Total Fat**?

_____ x 2 = _____

5. How much **Sugar**?

_____ x 2 = _____

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. 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**? _____

Name: _____ Date: _____

ACTIVITY 8: A TRIP TO THE STORE

UNHEALTHY DRINKS	HEALTHIER DRINKS
1. This soda has too many calories.	Find a soda that has fewer calories.
<p>Name: Sprite</p> <p>Calories: 240</p> 	<p>Name: _____</p> <p>Calories: _____</p>
2. This milk has too much fat.	Find milk that has less fat.
<p>Name: Whole Milk</p> <p>Total Fat: 8 grams</p> 	<p>Name: _____</p> <p>Total Fat: _____</p>
3. This fruit drink has too much sugar.	Find a fruit drink that has less sugar.
<p>Name: Snapple</p> <p>Sugar: 65 grams</p> 	<p>Name: _____</p> <p>Sugar: _____</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 9: CONSUMER DEMAND

Please help our neighborhood be healthy.

Okay, I will sell 1% milk if you will buy it.

You can sell healthy drinks like 1% milk in your store.

Hello, how may I help you?

I will. Thank you!

What can I do to help?

Name: _____ Date: _____

ACTIVITY 9(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: _____

AFTER THE LESSON

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.