



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

NUTRITION
ESL LEVELS 5 & 6

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

Name: _____ Date: _____

ACTIVITY 1: UNHEALTHY, HEALTHIER, HEALTHIEST

What do these 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 the 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.

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:

		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”

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

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

Is Coca-Cola an unhealthy drink? Why?

Ask these 4 questions when you read a drink label.

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

2. How many **Calories**? _____

3. How much **Fat**? _____

4. How much **Sugar**? _____

Questions:

1. Is Coca-Cola healthy? _____

2. Why? _____

ACTIVITY 4: COMPARE DRINKS

Unhealthy drinks have <ul style="list-style-type: none">■ Too many Calories■ Too much Fat■ Too much Sugar	Healthier drinks have <ul style="list-style-type: none">■ Fewer Calories■ Less Fat■ Less Sugar
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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.

Ask a friend:

Question: What type of milk do you buy?

Answer: _____

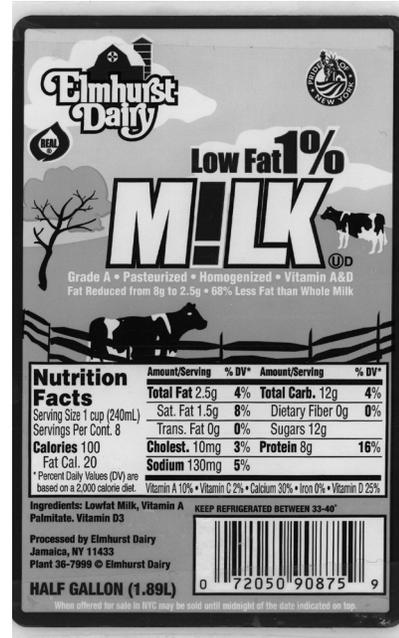
Question: Why?

Answer: _____

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:

- Which milk is healthier? _____
- Why? _____

Scenario #1: I'm thirsty! I want to buy a healthy 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

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!

- How many **Servings**? _____
- What is the **Serving Size of the whole bottle**? _____ X _____ = _____
- How many **Calories**? _____ X _____ = _____
- How much **Total Fat**? _____ X _____ = _____
- How much **Sugar**? _____ X _____ = _____

Name: _____ Date: _____

ORANGE

FLUIDS_ELECTROLYTES_CARBOHYDRATES



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!

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 _____ = _____



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!

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 _____ = _____

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!

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 _____ = _____

Name: _____

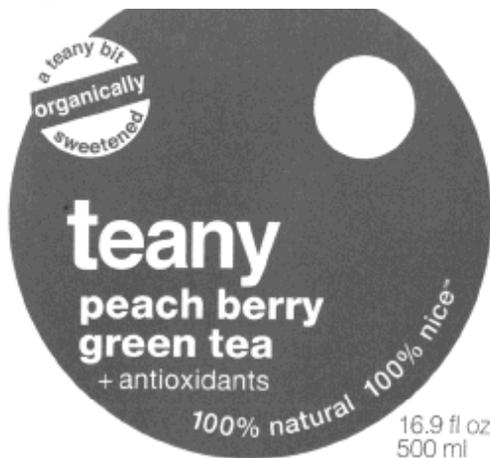
Date: _____



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!

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 _____ = _____



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 _____ = _____
3. How many **Calories**? _____ X _____ = _____
4. How much **Total Fat**? _____ X _____ = _____
5. How much **Sugar**? _____ X _____ = _____

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!

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 _____ = _____

FREE Sprite with 8 caps @mycokerewards.com
NO CAFFEINE
Sprite
 LEMON-LIME SODA
 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		% 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.

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)
 LOW SODIUM
 ©2007 THE COCA-COLA COMPANY
 CONSUMER INFORMATION CALL 1-800-438-2653

Read the label!

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 _____ = _____

Get a **FREE Sprite** with 8 caps @my rewards.com 2016-5753
NO CAFFEINE
Sprite zero
 ZERO SUGAR LEMON-LIME SODA
 20 FL OZ (1.25 PT) 591 mL

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%
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.
 *Percent Daily Values (DV) are based on a 2,000 calorie diet.

CARBONATED WATER, CITRIC ACID, NATURAL FLAVORS, POTASSIUM CITRATE, POTASSIUM BENZOATE (TO PROTECT TASTE), ASPARTAME, ACESULFAME POTASSIUM, PHENYLKETONURICS: CONTAINS PHENYLALANINE
 ©2006 THE COCA-COLA COMPANY
CA CRV
 a product of The Coca-Cola Company
 CONSUMER INFORMATION CALL 1-800-438-2653

Read the label!

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 _____ = _____

Name: _____ Date: _____

HOMEWORK: READ THE LABEL!

1. What drinks do you have in your home?

_____	_____
_____	_____
_____	_____
_____	_____

2. Find an UNHEALTHY drink	3. Find a HEALTHIER drink
<p>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>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? _____

Name: _____ Date: _____

ACTIVITY 6: A TRIP TO THE STORE

You are about to go on a trip to a **bodega, corner store, or grocery 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
<p>1. This soda has too many calories.</p>	<p>Find a soda that has fewer calories.</p>
<p>Name: Sprite Calories: 240</p> 	<p>Name: _____ Calories: _____</p>
<p>2. This milk has too much fat.</p>	<p>Find milk that has less fat.</p>
<p>Name: Whole Milk Total Fat: 8 grams</p> 	<p>Name: _____ Total Fat: _____</p>
<p>3. This fruit drink has too much sugar.</p>	<p>Find a fruit drink that has less sugar.</p>
<p>Name: Snapple Sugar: 65 grams</p> 	<p>Name: _____ 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 7: CONSUMER DEMAND

Please help our neighborhood be healthy.

Alright, I promise to sell 1% milk if you promise to buy it.

Please start selling healthy drinks like 1% milk in your store.

Hello, how may I help you?

I will, and I will tell my friends to buy 1% milk from your store too. Thank You!

Okay, what can I do to help?

Name: _____ Date: _____

ACTIVITY 7(CONTINUED): 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 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 – READ THE LABEL!

**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.