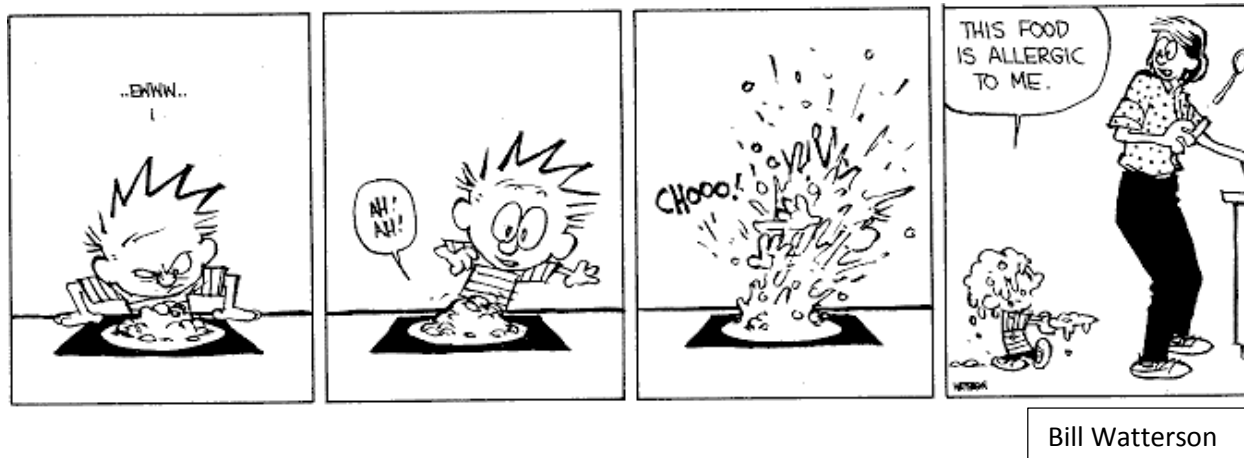


College and Career Awareness
Cycle: Identity
The Proposed New Food Label



Overview: The United States has a department called the Food and Drug administration. Their responsible for protecting the public health by assuring safety, efficacy, and security of human and animal drugs, medical devices, our nation's food supply, cosmetics, and products that emit radiation. There are also non-profit organizations in place that support the goals of the FDA and demand accountability that they do their job. Accurate, easy-to-read, and scientifically valid nutrition and health information on food labels is an essential component of a comprehensive public health strategy to help consumers improve their diets and reduce their risk of diet-related diseases. Improved food labeling could provide consumers with easy-to-read nutrition and ingredient information that they can use to reduce their risk of the leading causes of death in the United States today, including heart attack, stroke, certain forms of cancer, and diabetes.

Essential question: What information can you derive and apply from food labels that help you make more informed food choices?

Checklist:

___ Record input, "What does your plate look like for dinner? How does it compare to MyPlate?"

___ Using a paper plate, use the food pictures provided to create a balanced meal following the example of MyPlate graphic.

___ Record in you output a picture of your plate. Label each object with it's name and serving size. Add up the total grams of carbohydrates and record this number below your picture.

___ Record input, "What information can you derive and apply from food labels that help you make more informed food choices?"

___ Select a food choice from the materials table.

Add a point if your food choice has:

Criteria	Actual number from label	Point
200 or fewer calories		
10% or less total fat		
10% or more dietary fiber		
10% (5 grams) or more protein		
10% or more of any vitamins or minerals		

___ Participate in cereal experiment.

___ Tape in a food label into your output. Add notes as to what each category represents.

Dual Column Format

Nutrition Facts					
2 servings per container					
Serving size			1 cup (255g)		
Calories		Per 1 cup	Per container		
		220	440		
		% DV*		% DV*	
Total Fat		8%	5g	15%	10g
Saturated Fat		10%	2g	20%	4g
Trans Fat			0g		0g
Cholesterol		5%	15mg	10%	30mg
Sodium		10%	240mg	21%	480mg
Total Carbs		12%	35g	23%	70g
Dietary Fiber		21%	6g	43%	12g
Sugars			7g		14g
Added Sugars			4g		8g
Protein			9g		18g
Vitamin D		25%	5mcg	50%	10mcg
Calcium		15%	200mg	30%	400mg
Iron		6%	1mg	10%	2mg
Potassium		10%	470mg	20%	940mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.					