



# How to Read a Food Label



## Lesson Plan for Instructor

### Objectives:

- To enable participants to understand key components of a food label.
- To review terms used on a food label to help make healthy food choices.
- To review how to determine if foods contain excess calories, fat, and sodium.

### Materials:

- Dry erase board or flip chart and appropriate markers
- Paper for participants to write on and pens/pencils
- Optional, if available - Overhead or slide of How to Read a Food Label, empty food containers with labels, or labels mounted card stock for participants to practice with

### Handouts:

- [How to Read a Food Label](#)
- [Nutrient Label Claims](#)
- [Food Label Quiz](#)

### Suggested Format for Discussion:

- Ask how many participants read food labels by a show of hands. Ask why reading food labels is important. Write responses on the board.
- Ask group to recall what items are listed on a food label.
- Show overhead of a food label or pass out “How to Read a Food Label” handout.
- Review components of food label. The panel has 2 parts:  
The top section contains product specific information which varies with each food product.
  - Serving size
  - Calories
  - Nutrient informationThe bottom part contains general dietary information about important nutrients.
- Pass out sample food labels to practice. Ask participants to find:
  - Serving size
  - Fat calories per serving
  - Is product high in fat, low in fat, etc.? (Be creative)
- Distribute the *MOVE!* handout, “Nutrient Label Claims”, and review as time allows.
- Have participants put away handouts. Distribute and ask participants to take the quiz. Review the correct answers. Talk about any difficult questions. Participants should grade their own quiz and take home.

