



# Be a Smart Shopper

The following are suggested follow-up activities to help students reflect on their field trip experience.

## After the Trip

Ask students their overall impressions of the field trip. **What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?**

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you notes to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

## Demonstrate Knowledge

Recall that students learned about nutrition and activities that are part of a healthy life – including brushing teeth, eating a healthy breakfast, lunch, and dinner, being active throughout the day and getting between 9-11 hours of sleep each night.

Ask students about the kinds of activities they do or are involved in that keep them active and have them explain why each activity is healthy.

Then have students name some healthy foods and take a poll to see how many students have tried those foods. Discuss some ways they might incorporate these foods into meals or snacks. Ask students about fun ways to get people to try healthier foods. For example, cutting up kiwi fruit into a smoothie, or sprinkling almonds over yogurt or in cereal.

Recall one of the tools shoppers can use to make healthy food choices - the Nutrition Facts Label. Ask students to name the information typically found on the label. Explain that shoppers can compare the amounts of fats, calories, sugar, sodium and more in different products. Then allow time to complete the **Nutrition Facts Label Inspector** activity sheet. As a class, discuss which item described in the activity sheet is healthier.



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

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

# Nutrition Facts Label Inspector

On the field trip, you learned about Nutrition Facts Labels. They provide information to help you make healthy food choices. Investigate each label below to answer the questions.

## Bread A

<b>Nutrition Facts</b>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Slice (34g) Servings Per Container About 20 <b>Calories</b> 80 Calories from Fat 10 Calories from Saturated Fat 0 *Percent Daily Values are based on a 2,000 calorie diet.	<b>Total Fat</b> 1g	1%	<b>Total Carbohydrate</b> 14g
	Saturated Fat 0g	0%	Dietary Fiber 4g	16%
	Trans Fat 0g		Sugars 0g	
	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 5g	
	<b>Sodium</b> 70mg	3%	<b>Potassium</b> 0mg	
	Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 4%
	Thiamin 10%	Magnesium 6%	Niacin 0%	Vitamin B6 4%
	Riboflavin 6%	Phosphorus 8%	Zinc 4%	Vitamin B12 2%

## Bread B

<b>Nutrition Facts</b>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Slice (43g) Servings Per Container 16 <b>Calories</b> 120 Calories from Fat 15 *Percent Daily Values are based on a 2,000 calorie diet.	<b>Total Fat</b> 1.5g	2%	<b>Sodium</b> 180mg
	Saturated Fat 0g	0%	<b>Total Carbohydrate</b> 22g	7%
	Trans Fat 0g		Dietary Fiber 1g	4%
	Polyunsaturated Fat 1g		Sugars 3g	
	Monounsaturated Fat 0g		<b>Protein</b> 3g	6%
	<b>Cholesterol</b> 0mg	0%		
	Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 5%
	Thiamin 8%	Riboflavin 6%	Niacin 2%	Folic Acid 10%

1. Which bread contains more fiber? \_\_\_\_\_
2. Which bread contains more fat? \_\_\_\_\_
3. How many calories are in two slices of Bread A? \_\_\_\_\_
4. How many calories are in two slices of Bread B? \_\_\_\_\_
5. Which bread is the healthier choice, A or B, why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_