

Aktiviti PAK-21



Civics



Activity: MAKE HEALTHY FOOD CHOICES

Instructions:

- 1 This activity is done individually.
- 2 Each pupil need to collect the food labels on the food packaging that they buy.
- 3 Ask each pupil to identify the ingredients in each food label.
- 4 Then, have them analyse the ingredients and determine whether the food they ate is healthy.
- 5 Present the information creatively on a manila card.
- 6 At the end of the activity, remind the pupils to always read the food label and to count the amount of sugar listed in the food labels.



**Read the Label for...
Serving Size!**

Food packages often contain more than one serving. The only way to know for sure is to check the servings per container on the **Nutrition Facts Label!**

**Read the Label for...
Calories!**

How many calories are you *really* getting: 100? 200? 300? Here's how to know:

- First, use the Nutrition Facts Label to determine the number of servings you are actually eating of a food/snack.
- Then, multiply that number by "calories per serving".

That's how you'll know the total number of calories you're really eating!

**Read the Label for...
Nutrients!**

- If a nutrient has **5% percent** of the Daily Value or less, it is **low** in that nutrient. This can be good or bad, depending on if it is a nutrient you want more of or less of.
- If it has **20% or more**, it is **high** in that nutrient. This can be good for nutrient like fiber (a nutrient to get more of)... but not good for saturated fat nutrient).