



Objectives:

1. Students will be able to read a nutrition label to determine the percent juice contained in a fruit juice.
2. Students will recognize that 100% is the whole thing and that if something is not 100%, then it is not the whole thing.
3. Students will be able to graph the % juice contained in 3 or more types of fruit juice.



Is it Fruit?

Description:

This lesson is best used as part of a nutrition unit, specifically for a discussion related to the fruit group. In this activity, students learn that 100% means the "whole thing." If a fruit juice is not 100% juice, then it is not considered a whole serving of fruit. (see Food Pyramid) It is helpful if students have had prior experience with nutrition labels.

Materials Needed:

- Collection of empty frozen and bottled drink containers that claim to contain some fruit juice, varied so that some do not contain 100% juice
- Overheads of two nutrition labels, one from a 100% juice item and one that is not (overheads need to be teacher-created)
- Copy of the Food Pyramid found on: http://teamnutrition.usda.gov/Resources/mpk_poster.pdf
- Pencils or crayons
- Student journals
- Juice Jug Worksheet

Procedure:

(As part of a nutrition unit, have students collect juice containers to use for this activity.)

Share an overhead of a nutrition label from a juice that is 100% fruit or juice. Explain that 100% means the whole thing -- 100% means it is the same as eating the fruit.



Is it Fruit?

Continued....

Also point out the ingredient section and how the first ingredient is the thing there is the most of in a food. Talk about other percentages listed such as vitamin C and how some ingredients are added to make foods appear more healthy. Share a second overhead from a juice that is not 100%. Explain that if it is not 100% juice, it doesn't count as a whole serving of fruit.

Pass out the juice jug graph worksheet to each student. Use another overhead to show how to write in the label for the name of the juice, graph the % juice, and indicate whether it is fruit or not. Pass out juice containers students may work in pairs or in small groups to locate the information on the containers to complete the jug graphs. Afterwards, lead a discussion about what was discovered and how to make better choices for choosing drinks that contain fruit juice.

Useful resources:

The Food Guide Pyramid for Kids:

http://teamnnutrition.usda.gov/Resources/mpk_poster.pdf

National Health Education Standards– Abbreviated Version:

http://www.aahperd.org/aahe/pdf_files/standards.pdf

Is it fruit:

<http://www.eduref.org/Virtual/Lessons/Health/Nutrition/NUT0201.html>



