

Grade(s) : 3

Subject Area: Math

EALR/Standard:

3.1 C and E

3.2 A, B, and F

**Activity: Use the nutrition label on packaged food items like cereal, juice, crackers, soup to exercise skills in subtracting and multiplying.**

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### **Goals:**

Students will use a real life math problem (nutrition labels) to practice subtracting and multiplying.

Students will gain a greater understanding of serving size and correct daily intake of fats, vitamins, etc.

### **Brief description:**

Students are asked to bring in one item from their house to work with for the day. With this item they calculate how many servings are in one container, how much fat, calories, whatever the teacher wants them to determine are in there, and subtract this amount from the daily recommended amount. Use this math lesson to touch on good nutrition/eating habits.

Complete lesson plan on back:

## Materials

Items from each child's home (bring extra because some students might forget).

## Procedure

Begin by explaining to the children what a nutrition label is. All the things our body needs—fat, carbohydrates, vitamins, protein—are denoted in that box. It also tells us how much of each we should have (if we are an adult. Explain that children need slightly different things, but that for simplicity's sake, we will pretend that we are all adults on a 2,000 calorie diet) on a daily basis. In order to stay healthy and not become overweight, we want to eat a balance diet and the nutrition label on food can help us with that. In most cases, we don't want to eat an entire box of something, because that won't give us a balanced diet (would eating an entire box of sugary cereal be balanced?) Sometimes, we don't realize how much of a certain food we are eating, so the label can help us measure the amount of potentially problematic things like calories, fat, and sugar that we are consuming.

Now have each child take out their item. First have them find how many servings are in their container (probably not just one). From that information, have them take fat, calories, whatever they choose and multiply it so that we know how much fat is in the entire container. Subtract this amount from the total fat for a day. So if they have soup and there are three servings in the container of soup with 15 grams of fat total and we are supposed to eat 60 grams everyday, how much is left for the rest of the day? 45 grams. In order to see the relationship between serving and calories further, have them divide the amount of fat in one serving by the amount of fat in three ( $45/15$ ). The number they

come up with will be the number of servings (3). It seems obvious, but we want to drill this point in the kids.

Do this exercise with a number of the items of the nutrition label. Ask the kids if they are surprised by what it reveals (particularly about sodium and sugar). Have the kids share their findings and figure out which food is the healthiest in terms of fat, calories, etc. However, stress to them that these things are all good for us, just not in large amounts and we need a complete diet to be truly healthy.

### Additional Activity

New vocabulary

Nutrition label

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