



Teacher Education And Classroom Habits
A Nutrition Program for Montessori Teachers

Teacher's Manual – Nutrition Curriculum
Montessori Lesson Plans – Week 3

“Nutrition Facts Label: A Basic Understanding”

Supplemental Material: “Nutrition Facts Label”

(Words to avoid during presentations: “unhealthy”, “bad food”, “fat”, “weight gain”)

Objective

Students will be able to:

- identify a nutrition facts label
- explore the different parts of a nutrition facts label

Materials

- Tray to hold lesson materials
- Color-coded Nutrition Facts Label board
- Blank nutrition facts label with Velcro
- 6 colored nutrition facts label pieces with Velcro

Day 1

Presentation #1 (Group or Individual Presentation):

1. Unroll a rug
2. Place the color-coded Nutrition Facts Label board on the rug
3. Hold up the color-coded Nutrition Facts Label board and **tell the children**: “**This is a nutrition facts label. It tells us what is in the foods that we eat. Has anyone seen this label on food items? Nutrition facts labels are on many foods we get from the store that are packaged in boxes, cans, bottles, or bags.**”
4. Point to the different colors on the label and **say**: “**There are different parts of the nutrition facts label to tell us different things about the food.**”
5. Point to the blue part at the top and **say**: “**This part of the nutrition facts label tells us the amount of food in each serving.**”
6. Point to the pink part of the label and **say**: “**This part of the nutrition facts label tells us how many calories are in each serving. Calories are the amount of energy the food gives us. We need energy to learn, think, and play. And foods give us different amounts of energy depending on what they are.**”
7. Point to the yellow parts of the label and **say**: “**These parts of the nutrition facts label show us specific nutrients including fats, sodium, and sugar. We should eat less of these nutrients to stay healthy.**”

8. Point to the green parts of the label and **say**: “**These parts of the nutrition facts label show us other nutrients including fiber, vitamins, and minerals. We should eat more of these nutrients to stay healthy.**”
9. **Tell the children**: “**Tomorrow, we are going to learn more about the Nutrition Facts Label!**”

Day 2

Presentation #2 (Group or Individual Presentation):

1. Unroll a rug
2. Place the Nutrition Facts Label board on the rug
3. Take the blank nutrition facts label out of the tray and place it on the rug
4. Take out the 6 nutrition facts label pieces and place them in order on the rug next to the blank label
5. Hold up the Nutrition Facts Label board and **ask the children**: “**Do you remember the different parts of the nutrition facts label that we discussed yesterday? Today, we are going to organize the different colored parts on a blank nutrition facts label.**”
6. Put the colored Nutrition Facts Label board on the rug and hold up the blank nutrition facts label. **Say**: “**This blank nutrition facts label is missing all the different parts. Let’s put the colored parts on in the right places.**”
 - a. **Ask the children**: “**What color goes first on the label?**” Wait for a response then say: “**Yes, the blue piece goes first! This part of the label tells us the amount of food in each serving.**”
 - b. Continue to the next section of the blank label. **Ask the children**: “**What color goes next on the label?**” Wait for a response then say: “**Yes, the pink piece goes next! This part of the label tells us the amount of energy that each serving gives us.**”
 - c. Continue in the same manner for the next 4 parts of the label.
7. After all the 6 colored pieces have been added to the blank label in the correct order, **tell the children**: “**We have added all the pieces to the nutrition label in the correct order!**”
8. Then **say**: “**Tomorrow, we are going to mix up the colored pieces and you all can tell me what the different parts mean.**”

Day 3

Presentation #3 (Group or Individual Presentation):

1. Unroll a rug
2. Place the Nutrition Facts Label board on the rug
3. Take the blank nutrition facts label out of the tray and place it on the rug

4. Take out the colored 6 nutrition facts label pieces and place them (mixed up) on the rug next to the blank label
5. Hold up the blank nutrition facts label and **ask the children**: “Can you remember the correct order of the nutrition facts label?” “What piece should go first?”
6. Once they respond with the correct answer, **say**: “Yes, the blue piece belongs at the top of the nutrition facts label.” Then **ask**: “What does this part of the label tells us about the food?”
7. Continue in this manner for the remaining 5 colored pieces.
8. Once the children were able to correctly order and describe what each piece of the nutrition facts label is for, **tell them**: “Great job! Our nutrition facts label is now complete with all the pieces in the correct order!”

Day 4

- The lesson may be placed on a shelf in the Science area to be used as an individual lesson.
- This lesson may be presented individually if necessary.
 - The children can use the color-coded (self-correcting) Nutrition Facts Label board when organizing the colored pieces onto the blank label for independence and self-efficacy.

Day 5

Review of the Nutrition Facts Label:

1. Using only the color-coded Nutrition Facts Label, ask the children if they remember what the different parts of the label tell us about food.
 - a. **Say**: “Can you remember the different parts of the Nutrition Fact Label?”
 - b. **Say**: “What does each part tell us about the food item?”
2. Have the children try to remember each part and it means. If they are unable to remember all parts, remind them what the parts are by pointing to each part and describing what each part of the label can tell us about the food item.

Nutrition Facts Label

Directions: Identify the different parts of the nutrition facts label below using the following colors: blue, pink, yellow, and green. You can use colored tissue paper, watercolors/paint, colored pencils or crayons.

amount of food in
each serving

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories

240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

amount of energy
each serving
provides

nutrients to eat
less of

nutrients to eat
more of