

Food Label Artifacts: Nutritional Label – Compare and Contrast - Health

Essential Question: In what ways are commercial foods similar and different between Ethiopia and America

Standards:

Objectives:

SWBAT read and understand the content on a nutrition label

SWBAT compare the similarities between food labels in America and food labels from Ethiopia

SWBAT identify the differences between food labels in America and food labels in Ethiopia

Tools/Materials:

Photographs of food labels or laminated physical versions

Procedure:

1. Encourage students beforehand to bring in or look up examples of food labels that they see on an everyday basis. Ensure each student has at least 1 label to work with.
2. Ask students to begin by individually examining their own label and list relevant nutritional information on a piece of paper.
3. Ask students to repeat this process using the label from Ethiopia.
4. Move students into small groups from 2-5 individuals depending on class size and dynamic.
5. In their small groups give them time to informally speak about their findings on the differences and similarities.
6. Ask students to create a master list of similarities and differences between the labels from both countries as a group. When they finish they need to order the foods from least to most healthy and justify their choices.
7. Conclude class by asking the students to share reflections on the similarities and differences between Ethiopia and America.

Attachments:

Physical or digital copies of food labels

Links for further learning: