

## IT'S IN THE BAG!

Volume 1 / Middle School

### NASAFACS 9

9.3.2 Analyze nutritional data.



### Objectives

Students will...

- Critique nutritional data of meals
- Provide reasoning for substitutions

### Materials

- Nasco Double Food Card Set (WA24925)
- Paper Lunch Bags
- Loose leaf paper





	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	

### Set Up

Use paper lunch bags and the Nasco food cards to prepare a “meal” for each student in the class.

### Introduction (15-20 minutes)

Ask each student to try and remember all the foods they ate in the last 24-hour period and record those foods on a piece of notebook paper. Have students mark each food on the list with either a “C” (meaning they chose the food themselves) or an “NC” (meaning they had no choice in the food they were served). Next, have each student re-read their list, and the labels assigned to each, to make a generalization regarding which group of food items (“C” or “NC”) were healthier. Ask each student to provide a statement to justify their response. Allow students to volunteer to share their statements aloud.

### Activity (15-20 minutes)

Distribute a prepared bag with Nasco food cards inside simulating a “meal” to each student in the classroom. Let students know that this meal would be an example of one in which they had no choice in being served. Have each student use the nutritional label on the backside of each Nasco food card to determine the total calories, fat, cholesterol, sodium, dietary fiber, sugars, and protein in their “no choice” meal. Once students have determined the nutrient value of the meal they were issued, they should return their Nasco food cards to a central area. Combine the returned Nasco food cards with any remaining Nasco food cards and allow students to gather new cards to create a meal of their choice. Students should create a meal that would be more nutritious than the “no choice” meal they were originally given. After locating items for the meal, have each student return to their seat and use the nutritional label on the backside of each Nasco food card to determine the total calories, fat, cholesterol, sodium, dietary fiber, sugars and protein in their “choice” meal. Next, have students record the food items selected and the nutrient information on the outside of the paper bag.

### Conclusion (5-10 minutes)

To conclude, have each student write a justification as to why their “choice” meal is healthier than the “no choice” meal they were assigned. Instruct students to place the written justification inside the paper bag. Following the class session, provide feedback to each student’s justification and return the bags the next day.

