

Activity Title - Calories Count

Goal/Objective

Students will learn to collect, organize and interpret data. They will also use math skills such as finding the mean average and percentages.

Materials/Texts/Realia/Handouts

- * Empty food packages, or just the labels
- * Calorie Counting Books
- * Calculator (optional)

Lesson Outline

Introduction

Throughout your life, everyone should be concerned about their health. A nutritious diet and exercise are the main partners for a healthy life-style. We will focus on the total calories , fat calories, grams fat, protein and total carbohydrates that an individual should have in their diet.

Activity

Bring in empty food packages for the students to practice reading food labels. Most labels are based on a 2000 calorie per day requirement. (Typically, your body weight times 15 will give you the amount of calories needed to maintain that weight. Growing teenagers should never go below 1400 calories per day.) We will focus on carbohydrates, protein and fat. The daily requirements are :55% - 65% carbohydrates, 10% - 15% protein and 20% - 30% fat (with no less than 20 grams of fat per day). Have the students organize the information they found on the food packages into a table giving carbohydrates, proteins and fats.

After the student is able to read labels, have them record what they ate yesterday for breakfast, lunch, dinner and snacks. Using a calorie counter book, have them organize their data into carbohydrates, proteins, and fats consumed.

Now that they can read labels, read the calorie count book and organize their data, have the students keep a food log containing that information for the next 4 days. On the 5th day, add your data and divide by 4 to see the average calorie , carbohydrate, protein and fat intake.

Example: Consider the following food package choices. Information could be organized as follows:

Product	Calories	Fat Calories	Grams Fat (% Based on 2000 Calories)	Protein	Total Carbohydrates (% Based on 2000 Calories)
V8 Juice	35	0	0	1 gram	7 grams (2%)
Nutri-Grain Bar	140	25	3 grams (5%)	2 grams	27 grams (9%)
Campbell's Grilled Chicken/Vege.	110	20	2 grams (3%)	6 grams	17 grams (6%)
Pineapple tango dried Fruit	90	0	0	0	23 grams (8%)

Debriefing/Evaluation Activity

Discuss the data you have collected and the averages obtained. How does your data compare to the general requirements in the first paragraph of the activity? What, if any, changes should you make for a healthy diet?

Extension Activity

Make a 4 day detail plan of food that would give you the required amount of calories, carbohydrates, proteins, and fat. Make sure that you have variety!

ESE/ESOL Accommodations

- * Cooperative learning group
- * Pre-set table/chart for organizing data
- * Calculator
- * Reader
- * Magnifying glass for labels

Real-Life Connection

Invite a dietician or other available medical person in to reinforce the positive aspects of a healthy diet. They have some great visual aids. (Example: what does 5 pounds of fat look like?) Have them emphasize the future health benefits of what you eat presently. Ask them to discuss how they decided on the diet requirements for individual patients in the hospitals.