

TOPICS

- Comparing food labels
- Identifying healthy options when eating out
- Comparing Unit Price

ESTIMATED TIME

10 minutes

MATERIALS

- Nutrition labels for restaurant, store-bought, and homemade versions of:
 - Pizza
 - French Fries
 - Chicken
 - Mac & Cheese
 - Tacos

VARIATIONS

- During the third lesson, ask participants why they might choose the convenience item over homemade, and how they could make it healthier when they do.
- Convenience food labels may also be used in the “Line Them Up” Activity
- Compare unit pricing to discuss the cost benefits of making food at home

IN ADVANCE

1. If possible, choose a label set that relates to recipe being used that day or in a previous class

DURING CLASS

1. ASK: What information on the food label do you use now? How do you use it?
2. Pass around convenience labels. Explain that there is a mix of packaged, frozen, and restaurant versions of the same food item as well as the Cooking Matters recipe
3. ASK: When comparing this food item, what nutrients may you want to pay particular attention to? Review “Reading Food Labels”
4. Have participants share the percent daily values or grams/milligrams for the relevant nutrients (for example: fat, sugar, salt, or fiber)
5. Consider filling out a chart to help participants compare and review the different options. Example for pizzas:

Pizza	Cooking Matters The Works Pizza	Frozen Cheese Pizza	Take-out Three Cheese Pizza	Take-out Thin Crust Margherita Pizza
Serving Size (1 slice)	190g	133g	128g	85g
Saturated Fat	3g	3.5g	5.5g	4g
Sugar	5g	4g	3g	6g
Fiber	3g	2g	2g	2g
Cost per Serving	\$1.41	\$0.67	\$1.54	\$2.25

6. ASK: What about these comparisons surprise you and why?