

## TOPICS

- Practice reading food labels

## ESTIMATED TIME

10 minutes

## MATERIALS

- Enlarged, double-sided Mac & Cheese Nutrition Facts Panel
- Measuring Cup
- "Reading Food Labels" Handout

## IN ADVANCE

Review the Reading Food Labels handout in the Instructor Guide.

## DURING CLASS

1. **ASK:** Do you use the nutrition facts panel when choosing food options? What information do you look at or find useful?
2. Display enlarged nutrition facts panel for one serving of Mac & Cheese. Facilitate conversation around strategies for reading nutrition facts labels, using Mac & Cheese as a guide,
3. **ASK:** How does your typical portion compare with the serving size listed on the nutrition facts label?
4. **SHARE:** A "serving" is the amount of food recommended in consumer education materials such as MyPlate. A "portion" is the amount of food you choose to eat at any one time - which may be more or less than a serving. Serving sizes are decided upon by the manufacturer, and may or may not reflect your typical portion. This may not be a bad thing! But you need to keep it in mind, and do the math to compare the nutrients in your portion to the manufacturer's serving size. *Show one-cup measurement as the visual representation of the serving size.*
5. Flip nutrition facts panel over, displaying the nutritional information for an entire box. **ASK:** What do you notice when we account for our typical portion? What are some strategies that we could use to incorporate Mac & Cheese into a healthy diet?
6. **ASK:** In trying to stay within the appropriate serving size, what are some strategies we can use to make a meal more satisfying?