

# SUPERMARKET SMART



## AGE RANGE

10–13

## OVERVIEW

Are your students supermarket smart? After reviewing the elements of a standard nutrition label, students will learn how to interpret ingredient lists, including learning if the order of ingredients matters, how to differentiate between naturally occurring ingredients and chemicals, and draw conclusions about whether examples would be nutritious food choices. Students will then “go shopping” for various food items and make decisions about nutrient content based on the Nutrition Facts and Ingredient List.

## ACTIVITY DURATION

45–60 minutes

## OBJECTIVES

Students will:

- Describe the connection between food choices and developing certain noncommunicable diseases
- Explain the elements of a nutrition label
- Compare various Nutrition Facts and ingredient lists in order to make nutritious food choices

## MATERIALS NEEDED

- Pencils, one per student
- Whiteboard marker or chalk, one per volunteer
- **Nutrition Facts** label handout, one per student
- **Ingredient List** handout, one per student
- Various food boxes and packages to stock the “supermarket”
- **Supermarket Smart** handout, one per group

For more information about the Future Well Kids programme, please email

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