Stop and Read the Label

AGE/GRADE LEVEL: Youth, Pre-K-5; Teens; Adults

FORMATION: Standing at desks

EQUIPMENT: Music; food nutrition labels; optional: balls of different sizes

RULES/DIRECTIONS:
1. Set up:
   - Teacher scatters food nutrition labels around the room.
   - Teacher assigns each participant a number of grams of carbohydrates or fat from a master list of the food labels.
2. When the teacher says “go” or starts the music, students begin hopping, dribbling balls, or dancing while they look for the nutrition label that has their designated number of carbohydrate or fat grams.
3. Upon finding the right label, students hop, dribble a ball, or dance to the teacher and:
   - Show the label.
   - State the food.
   - Give the designated number of carbohydrate or fat grams.
   - Say whether the food is healthy or not according to carbohydrate and fat content.
4. After completing the task, students hop, dribble a ball, or dance the label back to the place they found it in the room and listen for a new assignment from the teacher.

VARIATION: Designate any of the nutrients as the target for finding labels (sodium, serving size, calories, etc.).

NUTRITION NOTE: Use with label reading, grains, and fat lessons; review the general form of a nutrition label and discuss the importance of appropriate carbohydrate- and fat-levels in the diet.