

Science Time

Program Content for May 25, 2016

Read the article “Food labels made over to better reflect how Americans really eat” on page A2 of the Saturday, May 21, 2016 edition of The Seattle Times.

Pre-reading and Vocabulary: Define each term and then use it in a sentence to demonstrate your understanding.

1. nutrition
2. advocate
3. lobbying
4. calorie

Comprehension Questions

1. What major changes were recently made to nutrition labels on food packages?
2. When did the federal government first start requiring nutrition information on food labels?
3. What were early food labels based on?
4. Why were some food industry companies opposed to food label changes that were proposed in 2014?
5. Why did nutrition advocates want an added-sugars line on the new food labels?
6. How many calories do the nutrition guidelines recommend that someone's daily intake of sugar should be?
7. Explain the idea behind listing a whole package of food, or an entire drink, as one serving.
8. Why will larger packages have food labels with two columns?
9. What nutrients that Americans don't get enough of must now be listed on food labels?
10. By what date will most manufacturers be required to use the new food labels?

Prompts and Extensions

1. Read this [article](#) as a follow up to learn more about how much sugar is added to food.
2. Visit MyPlate.gov to learn more about healthy eating and create your own healthy eating plan.
3. This article highlights how some parts of the food industry were not in favor of the new nutrition labels. First, re-identify why some were against the new labels. Next, detail whether or not you agree or disagree with their perspective. Use evidence and reasoning to support your position.
4. Keep a food journal. Write down what you eat over the course of an entire day or week. For each thing that you eat record the number of calories and sugar (where possible) in each. When finished with your journal reflect on your eating habits and commit to one way you can improve your diet.

Science Time is posted to the Web on Wednesdays. Please share this NIE Science Time program with other teachers. To sign-up for the electronic edition for your class, please register

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