

NH ADULT ESOL LESSON PLANS

Standard: Practices good nutrition and health habits.

Objective: Students will be able to understand and interpret food labels.

Classroom Activities:

Introduce food packaging vocabulary (attachment 1)

Play picture card game- containers and packaged foods (attachment 2)

Label columns on the board with packaging vocabulary. Instructor names a variety of food items, students place them in the appropriate packaging columns. EL Bread — bag, loaf. (attachment 5)

Introduce Nutrition label vocabulary (attachment 3) demonstrate serving sizes using measuring cups and assorted food

Pass out food labels, have students answer questions (attachment 4)

Have student ask each other questions about their nutrition label (attachment 4)

Place assorted food labels on tables. Have students arrange labels from least to most for each nutrition label fact (example: fat content)

Grammar Practice:

Count and Non-Count (attachment 6)

How much, How many (attachment 7)

Vocabulary:

Nutrition	bottle	roll
Calories	jar	tube
Serving size	can	
Calories	carton	
Fat	container	
Cholesterol	box	
Sodium	bag	
Carbohydrate	package	
Protein	six-pack	
Vitamin	loaf	

Materials/ Additional Resources:

Assorted food containers

Assorted nutrition labels

Picture cards of food

Picture cards of packaging

Overheads of Nutrition label

Overheads of containers and packaged food

Measuring cups

Dairy Council Food Cards

Extensions:

- Students bring in food containers and/or packages from their native countries.
- Students write about food labeling in their countries.
- Students design a Nutrition label for a food from their country.

References:

Breyer, P.P. (1996). GrammarWork 2. Prentice Hall Regents.

Browne, M. B. (1993). Label Facts for Healthful Eating. The Mazer Corporation.

Shapiro, N. & Adelson-Goldstein, J. (1998). The Oxford Picture Dictionary. Oxford University Press, Inc.

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