

Is it Fruit?

Objectives:

1. Students will be able to read a nutrition label to determine the percent juice contained in a fruit juice.
2. Students will recognize that 100% is the whole thing and that if something is not 100%, then it is not the whole thing.
3. Students will be able to graph the % juice contained in 3 or more types of fruit juice.

Description: This lesson is best used as part of a nutrition unit, specifically for a discussion related to the fruit group. In this activity, students learn that 100% means the "whole thing." It is helpful if students have had prior experience with nutrition labels.

Materials Needed:

- Collection of empty frozen and bottled drink containers that claim to contain some fruit juice, varied so that some do not contain 100% juice
- Overheads of two nutrition labels, one from a 100% juice item and one that is not (create your own)
- pencils or crayons
- student journals
- Juice Jug Worksheet (see attached)

Procedure: (As part of a nutrition unit, have students collect juice containers to use for this activity.) Share an overhead of a nutrition label from a juice that is 100% fruit or juice. Explain that 100% means the whole thing -- 100% fruit juice means it is made purely from juice of natural fruits. Also point out the ingredient section and how the first ingredient is the thing there is the most of in a food. Talk about other percentages listed such as vitamin C and how some ingredients are added to make foods appear healthier. Share a second overhead from a juice that is not 100%. Explain that if it is not 100% juice, it means it has other things added like sugar. Pass out the juice jug graph worksheet to each student. Use another overhead to show how to write in the label for the name of the juice, graph the % juice, and indicate whether it is fruit or not. Pass out juice containers -- students may work in pairs or in small groups to locate the information on the containers to complete the jug graphs. Afterwards, lead a discussion about what was discovered and how to make better choices for choosing drinks that contain fruit juice.

Name: _____

Is It Fruit?



Juice Name

_____ % fruit

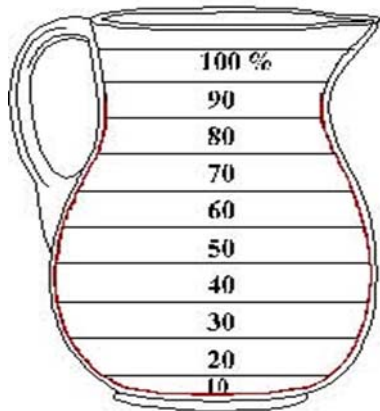
Is it fruit? _____yes _____ no



Juice Name

_____ % fruit

Is it fruit? _____yes _____ no



Juice Name

_____ % fruit

Is it fruit? _____yes _____ no