

Taking (Portion) Control

Analyzing the 100 Calorie Pack Craze

National Standards for FACS Education:

- 2.1 Demonstrate management of individual and family resources, including food, clothing, shelter, health care, recreation, and transportation.

- 9.6 Demonstrate food science, dietetic, and nutrition management principles and practices.

Objectives: *To analyze and interpret nutrition labels on snack food packages.*

To evaluate the economic and nutritional value of processed snack foods.

Activity Summary:

Assign students to bring to class one package of their favorite snack food. Make sure that they understand that this can be any type of chip, cookie or other crunchy treat. Ask them to make note of the cost of the snack food of their choice.

Provide sample packages of at least three different varieties of 100 Calorie Snack Packs as well as samples of the original version of each. (Example, Oreo® Sandwich Cookies and Oreo® 100 Calorie Packs.) Label each package with the price of the item.

Using transparency master *A Snack Food Investigation—Making the Case for (or Against) 100 Calorie Packs*, discuss with students the benefits and concerns associated with 100 Calorie Snack Packs.

Instruct students to sample and compare the snack foods provided as they record their findings on the *Taking (Portion) Control Response Form*.

Review with students how to read a nutrition label, if necessary.

Discuss student responses, referring back to the benefits and concerns discussed earlier.

Using the nutrition label on the package of snack foods brought to class by students, complete the following:

Approximate the size of a 100-calorie portion of their snack food.

Estimate the number of 100 calorie packs that students could make from their snack food package.

Calculate the cost of each of the 100-calorie portions made from students' snack food package.

Compare and discuss the cost and portion size of the various snack foods sampled.

Evaluate the 100-Calorie Pack experience by surveying students reactions to serving sizes, cost, convenience and nutritional qualities of foods compared.