

## Read the Label



**Big Idea:** Test teenagers' memories by examining food labels

**Supplies Needed:** canned and boxed foods, paper, pencils

**Age Level:** middle school and high school

Here's a fun food game you can use during one of those rainy days when bad weather spoils your outdoor plans. Gather several canned or boxed food items. Choose food that teenagers can easily consume at the end of the activity. Bring the students together in a circle, and pass each product around the group as you say something like this: "Study the nutrition facts panel on each food item. After you have taken a few moments, pass the item to your neighbor."

After each item has traveled once around the circle, distribute pencils and paper to each student. Then say something like: "I'm now going to test your memory. I will mention each food product, one at a time. As I do, think about what you read on the nutrition labels, and write down the amount of carbohydrates, sodium, and calories in a serving for that product."

Play in teams or as individuals. See who has the best "food sense." After you have learned about the nutrition, eat the food that you just discussed.