



Student activity guide

Redesign nutrition labels for milk so kids can read and understand them.

Activity

Tools

1

Discover Stage

Kids have to rely on their parents to choose good foods for them. On a circle map, brainstorm this in relation to what you know about nutrition labels.

Complete the following:

- Observe and video kids of all ages reading nutrition labels
- Experiment with reading nutrition labels yourselves
- Ask kids questions eg. How much sugar is in a serve? How many biscuits should you eat each day?
- Research the designs of nutrition labels - discuss which designs you find easier to read than others
- Interview a nutritionist and record their advice as a podcast to refer back to

Circle map



2

Interpretation Stage

Discuss the discover sessions - what did you learn about the problem of kids not being able to read nutrition labels? Record a podcast of this conversation to refer back to if necessary.

Summarise the learnings into 10 main ideas or issues. Group these ideas into themes eg. grip or size and prioritise them according to how relevant each one is to the problem.

Choose the top themes and turn them into a question starting with How might we...? or What if...? Record each question on a Tree Map.

Tree map



podomatic



3

Ideate Stage

Brainstorm ideas for a nutrition label for milk that kids can read and understand.

Use the How might we...? and What if...? questions as a guide.

Remember to use the Pinterest board or invite outside help if you are stuck. Sketching an idea can often help explain it.

Add a branch to your Tree Map to record each idea and develop it further.

Discard ideas by discussing which ones are realistic.

Vote on the best idea/s from those that remain.

Tree map



4

Experimentation Stage

Using your idea design and develop prototypes for your nutrition design.

Take photos of the prototype using Instagram.

Test your prototype by completing the following:

- Test the prototype label - video kids reading it
- Ask kids questions about reading the prototype label to gauge their understanding of it
- Experiment with reading the prototype label yourselves

Use Overgram to label the appropriate part of the prototype with each problem you observe.

You will need to persevere - it is likely that your first prototype will need modifying.

Make changes to your design using the feedback and labelled photos from your testing.



Overgram

5

Evolution Stage

Use Present.me to compile a presentation that shares your group's design journey from discovery through to evolution.

Select photos, videos and podcasts and plan your presentation using a Flow Map.

Include barriers you had to overcome and how you did this, successes you had and anything that surprised you.

Invite the people who helped your group to view your presentation.

Submit your final design to Rosie at Mission Headquarters or it can be added to the Nutrition Labels Pinterest board for other students to use as inspiration.

Flow map



SUCCESS CRITERIA

You can check you have completed the task successfully by:

- Modifying your design to reflect feedback from testing your prototype
- Carrying out focused research that provides a good basis for your design
- Completing a design that shows an understanding of the problem you are trying to solve