Understanding Data - Deciphering Graphs and Tables
DESIGNING A CHILD FRIENDLY NUTRITION LABEL FOR MILK

ESSENTIAL QUESTION
How can I find out which food is the best for me?

WHAT ARE WE LEARNING?
- To make informed decisions about food
- To interpret information that might be misleading
- The way information is presented can impact on people's understanding

TRY THIS WITH
- Years 4 – 8
- Students who have an interest in making informed decisions
- Students who love working with numbers and charts

FIND	APPLY	PRODUCE
Identify Demonstrate Interpret Review Define Show	Apply Compare Examine Appraise Calculate Focus Select	Produce Consider Adapt Debate Change Decide

FIND

Explain that nutrition labels are on most foods by law and that the labels contain information to help people make choices about the food they consume.

Find 10 examples of a nutrition label to enlarge and display.

Use the FoodSwitch NZ app to scan barcodes and see similar information.

Watch Label Reading 101. Discuss the problems identified that might make food labels misleading. Explain that different countries will have slightly different labels depending on what their laws require.

Use the Nutrition Label Fact Sheet to support students to interpret a nutrition label table.

Introduce or revise the concept of percentages.

APPLY

Explore the Nutrition Labels Pinterest board and the enlarged examples on A3 paper.

Annotate the parts of the labels that students like and don't like, with reasons why.

Locate similar information (protein, sodium) on each of the labels and colour code it.

Use the information to order the products according to different criteria (Most energy per 100g? Least sodium per serving?)

Support older students to choose one of the label categories and find three other food servings to compare this to. For example a small tin of tuna has 488kj of energy, that is the same as about 18 almonds or 2/3 of a tablespoon of peanut butter.

PRODUCE

Use the Nutrition Label Fact Sheet to demonstrate three ways of displaying the same data.

Identify the effects these methods have on how the label is understood.

Group the students and allocate each group one of the 10 large nutrition labels.

Ensure the numbers on these labels are round to make them easier to work with where appropriate.

Ask the students to replicate the information on their nutrition labels using the three examples (and associated graphing tools whose icons are below) from the fact sheet.

Display the new labels and ask students from another class to vote on which look is the most effective.

SUCCESS CRITERIA

Students can check they have completed the task successfully by:
- Accurately representing the data from their original label in the new format
- Knowing where to find basic information on a nutrition label
- Identifying the challenges that make nutrition labels hard to understand

PRINCIPLES	VALUES	KEY COMPETENCIES	LEARNING AREAS	WORD BANK	RESOURCES REQUIRED
Community engagement High expectations	Respect Integrity	Managing self Using language, symbols and texts	Health and physical education Mathematics and statistics	Serving size Ingredients Percentage Misleading	Nutrition Label Pinterest board Nutrition Label Fact Sheet Label Reading 101