A Closer Look:
This week with Program ENERGY we learned all about food labels. We learned how to read them, and how to figure out how many calories, protein grams, fat grams and sugar grams are in the foods that we eat. We explored the idea that calories are made up of carbohydrate, protein and fat and we even defined a calorie as a way of measuring energy from food!

Food Label 101:
In 1994, the Nutrition Labeling and Education Act was passed which required most foods in the grocery store to have a nutrition label on their packaging. There are only a few foods that are not required by this law to have a nutrition label and they are ready-to-eat foods such as bakery, deli, and gourmet candy items, as well as items such as plain coffee, tea, spices and herbs that have no real nutritional value.

Word Scramble:
Hey kids...unscramble these vocabulary words from the nutrition label.

nutrient  calorie  protein  fat  grams

The 3 Parts of the Food Label:
1 The Nutrition Facts Panel - This is where you will find information about serving sizes, calories, and the nutrients in a food. Use this section to assess a food’s nutritional value, or compare the nutritional value of similar food products.

2 The Ingredient List - This is where all the ingredients are listed in order of weight. Use this section to identify ingredients in certain foods that may be problematic for those with allergies.

3 Nutrient Content Claims - Information such as “low-fat”, “high fiber” and “sugar-free” may also appear on the front or side panel of the food label. These are used as a quick way to identify foods with a specific nutritional quality, but don’t be fooled, check the label anyway!

Recipe of the Week
Apple Yogurt Dip

INGREDIENTS:
1/2 cup plain yogurt
1/4 tsp. cinnamon
1/4 tsp. vanilla extract
1 medium apple

Combine the yogurt, cinnamon and vanilla extract in a small bowl. Core and slice the apple. Dip and enjoy! Makes 1 serving.

Follow-up with your Child:
Sit down for breakfast with your child and read a food label. Have your child tell you what a calorie is and have him/her explain the difference between carbohydrates (sugars), proteins and fats.