

Learning Labels: Science Lab Explorations

Topics covered: Proteins, carbohydrates, fats--Oh My! Don't forget serving sizes and calories! Come learn about nutrition labels and the nutrients that are in the foods we eat. From fiber to protein, carbohydrates to fats--students will learn what their bodies need from food and how-to read Nutrition Facts labels to know what they're getting. They will practice healthy choices and run simple tests on food to know what's in it. Your students are bound to make healthier food choices!

Ages: 6-8

Purchase Details: Science Lab Explorations - \$5 per student

Programs can be reserved by phone: 901-636-2362

Wednesday - Saturday, 10:30 am - 5:30 pm

Objectives:

1. Compare and contrast portions and serving sizes by reading nutrition labels and measuring the right amount.
2. Understand common terms on nutrition labels and to make appropriate choices about nutrition needs.
3. Differentiate between good and bad fats, simple and complex carbohydrates, and complete and incomplete proteins.

Vocabulary:

portion

serving size

calorie

saturated fat

trans fat

unsaturated fat

carbohydrate

simple carbohydrate

complex carbohydrate

fiber

protein

complete proteins

incomplete proteins

amino acids

Fun Facts:

- There are around 2000 different plant types that humans use to cultivate food.
- Fast-food is popular around the world. Americans eat hamburgers, fries and pizza. Kebabs are favorites in the Middle East. Noodles, rice and meat 'takeaway' dishes are part of Chinese cuisine. There's sushi from Japan and fish and chips in the UK, New Zealand and Australia.
- Cutting onions releases a gas which causes a stinging sensation when it comes in contact with our eyes. Our bodies produce tears to dilute the irritant and remove it from our eyes.

Web Resources:

Choose My Plate--<https://www.choosemyplate.gov/>

<https://www.choosemyplate.gov/resources/toolkits/myplate-mystate-toolkit-teachers>

Center for Disease Control--<https://www.cdc.gov/nutrition/index.html>

Kids Health--<https://kidshealth.org/en/kids/stay-healthy/?WT.ac=k-nav-stay-healthy>

FDA Food Resources--<https://www.fda.gov/food/resources-you-food/students-teachers>

Museum Resources:

- **For Your Classroom:** Check out these two Passports. They're filled with teaching objects and equipment perfectly suited for lessons on nutrition and fitness. The Learning Labels Passport comes with many "faux food" items used in the Learning Labels program to give students practice identifying fats, carbohydrates and proteins, working with Nutrition Facts labels and making healthy food choices. Unpack the Get Fit Passport and you'll find jump ropes, resistance bands, weights, exercise cards and stop watches to guide a lesson about physical activity featuring exercises for strength, flexibility and endurance.
- **In the galleries:** Nutrients from the foods we eat travel throughout our bodies via our circulatory systems. Stop by the Vein Viewer exhibit in the Small Worlds Gallery. This medical imaging device can "reveal" a person's veins by projecting near-infrared light onto their skin.

Where: Pink Palace Discovery Lab or Theater (for 33-100 students) or Classroom (for 15-32 students)

When: August-May Tuesday-Friday at 9:30 & 11 am 45-60 Minutes

- **Standards:**
 - (Grade Level) 4-5 (Science)
- **Tennessee: (HEALTH)**
 - GRADE 6: 6.PW
 - GRADE 7: 7.PW
 - GRADE 8: 8.PW
- **Mississippi: (CONTEMPORARY HEALTH)**
 - GRADE 6: Competencies 1, 5, 6
 - GRADE 7: Competencies 1, 5, 6
 - GRADE 8: Competencies 1, 5, 6
- **Arkansas: (PHYSICAL EDUCATION AND HEALTH)**
 - GRADE 6: HW.12.6
 - GRADE 7: HW.12.7
 - GRADE 8: HW.12.8
- **Catholic Diocese: (HEALTH)**
 - GRADE 6:
 - GRADE 7:
 - GRADE 8: