

**Lesson Plan #9--ESL****Title: Nutrition/Label Reading****Designed by: Amie Petty—SWIC****Skill Level:** Intermediate**Objectives:**

By the end of this activity, intermediate ESL students will be able to:

- Understand nutritional vocabulary (i.e. serving size)
- Identify and compare nutritional data on food labels
- Be able to make an informed selection based on the nutritional data

**Session Time:** 30 minutes**Materials:**

- Food labels (varying types of the same item—i.e. cereal box labels)

**Methods:** Guided discussion, cooperative learning, interactive participation**Procedure:**

1. Put key words on the board.
2. Have students identify and explain key words.
3. Ask questions about the labels.

**Assessment:**

Questions such as:

- 1) Which item would I select if I wanted it to be low in sugar?
- 2) Which item would I select if I wanted it to be high in protein?
- 3) Which item would I select if I wanted it to be low in fat?
- 4) Which item would be best if I had to watch my salt intake?

**Follow-up Activities:**

- Give the students a handout to take to the store next time they go shopping. Have them find and record an item that meets certain criteria. (i.e. a cereal that is high in fiber and low in sugar.)

**NOTE:** This lesson was developed during the **ESL New Teacher Orientation Workshop** on July 31, 2009 at Southwestern Illinois College.