

Building Language Skills with The Seattle Times

June 16, 2016

Article

“New food labels good for your health” Sunday, June 12, 2016 in the e-Edition of The Seattle Times, NW Arts & Life, page H6

Pre-Reading:

How do you decide what food to eat? How do you decide how much of a food to eat? Where can you find the nutrition information for a snack?

Vocabulary:

As you read, look for the following vocabulary words that appear in today’s article. Write down what you think the words mean based on the “context,” or how the words are used in the sentence in which they appear. Next, look up the definitions in a dictionary and see how close your guess was for each word.

calorie

carbohydrates

cholesterol

lactose

mandate

nutrient

nutrition

potassium

portion

protein

restrict

riveting

saturated

spiffy

splurge

Comprehension:

1. What does the FDA hope the new consumer friendly labels will do?
2. When can you expect to see the new facts on the majority of labels?
3. What has the FDA bolded and increased the font size of?
4. What is the purpose of the new “added sugars” line?
5. The food labels currently post recommended daily values for what?
6. Why is vitamin D important?
7. What might individuals with kidney disease need to restrict?

Post-Reading:

Read the following passage from the article and discuss the following questions in a group:

“While current labels post recommended daily values for carbohydrates and fat, surprisingly a daily recommended value for sugar is not shown — until now. This is another helpful addition to the label. Knowing where a particular food product falls in terms of total daily sugar intake will help consumers decide when to save — and when to splurge — on dessert or other treats.”

What is healthy food? Do you think the new labels will help people eat healthier? Do you think it is more important to eat food that is healthy or food that tastes good? Whose job is it to promote healthy eating? Should schools provide healthier options at lunch time? What other factors besides eating are important for maintaining a healthy lifestyle?

Building Language Skills:

Look up the guidelines for healthy eating online at <http://www.choosemyplate.gov/MyPlate-Daily-Checklist>. Research the nutrition values of different foods and use this information to help design a healthy menu that your school could use at lunchtime. Keep in mind that some people might have eating restrictions such as allergies, or they may be vegetarian, what options would be available for these individuals? How does this healthy menu compare to what your school offers?

Comprehension Question Answers:

1. Help us all make more healthful and more informed decisions around what we choose to eat
2. By July 2018
3. The portion size and the calories per serving
4. This will help consumers distinguish between sugars that occur naturally in a product and those that have been added.
5. Carbohydrates and fat
6. Vitamin D is particularly important for bone health
7. Their potassium intake