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.