

Healthy Food Labels Sorting

Advertisers and marketing personnel know that customers want to feel that their food is 'healthy'. In this activity, we will use food labels to classify, sort and create personal definitions for some key terms often applied to food.

1. Working as a team, place the food packages along a continuum from most healthy to least healthy. Use only the information that is visible on the front of the packages.
2. Now turn the packages over, using the new information from the back of the package, resort the packages.
 - a. List the foods in their relative positions.
 - b. What visual clues on the food packages did you use to place them?
 - c. What text clues on the food packages did you use to place them?
3. What working definition of "healthy" did your team use to organize the packages?
 - d. Write your working definition for "healthy" in the space provided.
4. Organize the packages along a continuum from most natural to least natural. You may use information from the front or back of the package.
 - e. List the foods and their relative positions.
 - f. What visual clues on the food packages did you use to place them?
 - g. What text clues on the food packages did you use to place them?
5. What working definition of 'natural' did your team use to organize the packages?
 - h. Write your working definition of "natural" in the space provided.
6. Working with your team, classify the packages into two groups, organic and non-organic.
 - i. List the foods and their relative positions.
 - j. What visual clues on the food packages did you use to place them?
 - k. What text clues on the food packages did you use to place them?
7. What working definition of 'organic' did your team use to organize the packages.
 - l. Write your working definition of Natural in the space provided.
8. Working with your team, classify the packages into two groups, Genetically Modified and Not Genetically Modified
 - m. List the foods and their relative positions.
 - n. What visual clues on the food packages did you use to place them?
 - o. What text clues on the food packages did you use to place them?
9. What working definition of 'genetically modified' did your team use to organize the packages?
 - p. Write your working definition of "Genetically Modified" in the space provided.

Food Labels Sorting Activity

A. Most Healthy

Least Healthy

B. Visual Clues

C. Text Clues

D. Healthy

E. Most Natural

Least Natural

F. Visual Clues

G. Text Clues

H. Natural-

I. Organic

Non Organic



J. Visual Clues



K. Text Clues



L. Organic

M.

Genetically Modified

Not Genetically Modified



N. Visual Clues



O. Text Clues



P. Genetically Modified
