



NUTRITION

Look at the

Before you tear open that bag of cookies, read the nutrition label on the packaging to find out exactly what you're eating

SAT/ACT WORD

Preferable:
more
desirable

Typical:
serving as
a type or
representative
specimen

Every bag, box, and can of packaged food has a nutrition label. The label's information tells you the ingredients in the food and can help you figure out how much of the food you should consume. On page 19 is an explanation of a **typical** nutrition label. The explanation continues on page 20.

—Alexis Burling

GO ONLINE

To find out how many calories a typical teen should consume each day, go to www.scholastic.com/choices.

18 CHOICES



Reading food
labels is good
for your health.

Label - Please!

1 SERVING SIZE:

The information on the label is for one serving; which is often not the same as the whole package (the serving size is usually smaller than the total amount of food in the package). The serving size is also not necessarily the amount you should eat.

2 SERVINGS PER CONTAINER:

This tells you the number of servings in the package.

3 CALORIES:

A calorie is a unit of measure for energy. If you consume more calories than your body burns, you'll gain weight. If you don't consume enough calories, you'll lack energy.

TIP: 40 calories per serving is low, 100 calories is moderate, and 400 calories is high.

4 TOTAL FAT: (SATURATED FAT/TRANS FAT/UNSATURATED)

Not all fats are bad for you. In fact, some—like unsaturated fats—actually improve your health by reducing the risk of heart disease. Here's a breakdown of fats that are found in packaged foods:

5 SATURATED FATS:

These include butter, palm oil, coconut oil, cottonseed oil, and lard. They are found in red meat, many prepared foods, and dairy products like cream, cheese, and ice cream. Foods high in saturated fats are unhealthy.

6 TRANS FATS:

These come from adding hydrogen to vegetable oil through a process called hydrogenation. Foods containing trans fats stay fresh longer, but are not healthy. In fact, trans fats contribute to lowering good-cholesterol levels and raising bad-cholesterol levels.

7 % OF DAILY VALUE:

These figures show how much of your daily nutritional needs you're getting from what you're eating. The numbers on the label tell you what percentage you're consuming when you eat one serving of the food in the package. **TIP:** With fats, cholesterol, sodium, and sugar, aim to consume less than 100 percent of your daily value each day. For vitamins and minerals, consuming 100 percent is **preferable**.

Nutrition Facts

Serving Size 1 package—1

Servings Per Container 1-2

Amount Per Serving

Calories 230 **Calories From Fat** 130

% Daily Value

Total Fat 15g **23%**

5-Saturated Fat 1.5g **8%**

Polyunsaturated Fat 6g

Monounsaturated Fat 7g

6-Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Potassium 580mg **17%**

Total Carbohydrates 23g **8%**

Dietary Fiber 2g **6%**

Sugars 3g

Protein 3g

**8 UNSATURATED FATS:**

These are the healthy kind of fats. Monounsaturated fats and polyunsaturated fats help lower levels of total cholesterol and bad cholesterol in the blood. Avocados and peanut butter have unsaturated fat.

9 CHOLESTEROL:

This substance is in dairy products and meat. There are two types: high-density lipoprotein (HDL or good cholesterol) and low-density lipoprotein (LDL or bad cholesterol). LDLs are unhealthy because they can form plaque deposits on the walls of your arteries.

10 SODIUM:

This mineral helps keep nerves functioning and maintains blood volume in your body. Many people add table salt to their food, but many foods already contain a lot of sodium. Look at the label on this page. If you ate the whole package of food, you would consume 13 percent of the sodium that your body needs for a whole day.

11 TOTAL CARBOHYDRATES:

Certain carbs, like fiber and naturally occurring sugars in fruit and milk, provide your body with the fuel it needs to operate. Fiber, found in whole grains, aids in digestion. It also lowers blood-sugar levels. Consuming too much sugar can cause weight gain. **TIP:** The healthiest sugar is unrefined raw sugar. The worst? Refined white sugar.

INGREDIENTS:

This section lists everything that is not included in the top section. Preservatives are included here. If you have food allergies or are keeping a restricted diet (lactose intolerant, vegetarian, vegan), read this section to determine whether you can eat what's in the package. **TIP:** Ingredients are always listed in descending order of weight.

DISCUSSION QUESTIONS

- Should teens care about the ingredients in the foods they eat? Why or why not?
- How can reading nutrition labels help teens stay healthy?

Nutrition Facts

Serving Size 1 package

Servings Per Container 1

Amount Per Serving**Calories** 230 **Calories From Fat** 130**% Daily Value*****Total Fat** 15g **23%**Saturated Fat 1.5g **8%**

Polyunsaturated Fat 6g

Monounsaturated Fat 7g

Trans Fat 0g

Cholesterol 0mg—9 **0%****Sodium** 300mg—10 **13%****Potassium** 580mg **17%****Total Carbohydrates** 23g—11 **8%**Dietary Fiber 2g **6%**

Sugars 3g

Protein 3g**TEST YOURSELF**

Are these statements true or false?
Answers are in the Teacher's Edition.

- All fat in food is unhealthy to eat.
☐ True ☐ False
- The healthiest sugar is unrefined raw sugar.
☐ True ☐ False
- It is healthy to eat foods that lower your HDL cholesterol and increase your LDL cholesterol.
☐ True ☐ False

ANSWERS

p. 7: Test Yourself

1. false; 2. true; 3. false; 4. false

pp. 8-9: Manners Quiz

Points are assigned to each possible answer to each question. Add up your point total and then read below to find out which politeness category you are in.

Questions	Your answers	Your Points
1.	a b c d	4 2 1 3
2.	a b c d	3 2 4 1
3.	a b c d	1 2 4 3
4.	a b c d	2 4 3 1
5.	a b c d	4 3 2 1
6.	a b c d	4 2 1 3
7.	a b c d	4 3 2 1
8.	a b c d	3 1 2 4

8-16 points

Master of Modern Manners

You might love technology, but you understand how and when to use it appropriately. You make the people you're around—not your gadgets—a priority. You remember to silence your phone at the movies, respond promptly to e-mails, and always ask your friends permission before uploading their photos on the Web. Pat yourself on the back. Then politely call, text, or e-mail your friends and family and pass on your tech-etiquette knowledge.

17-24 points

Moderately Mindful

You understand the rules of common courtesy and how they apply in the digital age, but you might not always follow them. When texting with a friend or networking on Facebook, it's easy to get caught up in the connection. Unintentional bad

manners happen to the best of us every once in awhile. Just remember to occasionally take a step back and ask yourself how others might perceive your use of technology.

25-32 points

Missed Manners

You're constantly connected, and others are noticing. Whether it's talking on your phone during a movie, texting a friend while you're at the dinner table, or jamming to your tunes in the middle of a conversation, you're telling the people around you that your digital device is most important. Technology is a valuable tool when used properly, and that means being aware of how its usage is affecting those around you. Treating people with honesty, respect, and consideration is important in any age—digital or not.

p. 17: Test Yourself

1. false; 2. true; 3. true; 4. true; 5. false

p. 20: Test Yourself

1. false; 2. true; 3. false

p. 22: Is It a Deal?

- Each pair of sneakers would cost \$30.
- You would spend \$20 more per sneaker.
- Answers will vary. Buying a pair of the new sneakers will cost \$25 more than buying one pair of the older sneakers. Buying five pairs of the older sneakers will cost you double the amount of buying one pair of the new sneakers, but you'll get four more pairs of sneakers. However, do you need five pairs of sneakers? Finally, buying the new pair of sneakers gives you the most up-to-date style, if that is important to you.

p. T5: Autism: The Facts

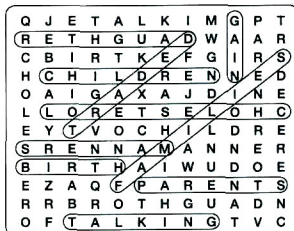
- | | | | | |
|------|------|------|------|-------|
| 1. b | 3. c | 5. d | 7. b | 9. c |
| 2. d | 4. d | 6. a | 8. c | 10. d |

p. T6: OxyContin: The Facts

- | | | | | |
|------|------|------|------|-------|
| 1. d | 3. c | 5. d | 7. b | 9. c |
| 2. d | 4. c | 6. c | 8. a | 10. d |

p. T8: The Hunt Is On

- | | | | |
|-------------|----------------|-------------|-----------|
| 1. gain | 4. talking | 7. traded | 10. birth |
| 2. parents | 5. daughter | 8. families | |
| 3. children | 6. cholesterol | 9. manners | |



MAURICE R. ROBINSON, FOUNDER SCHOLASTIC INC. 1985-1982 EDITORIAL: Editor: Bob Hugel; Copy Editors: Ingrid Accardi, Suzanne Blythe; Media Editor: Marie Morreale; Senior Administrative Coordinator: Mirna Williams
 ART: Art Director: Felix Ballcup; Photo Editor: Jose Pous; PRODUCTION: Senior Production Editor: Kathleen Fallon; Digital Imaging Group: Bianca Beaman; MAGAZINE GROUP: Executive VP, Scholastic: Hugh Room; VP, Editor
 In Chief: Rebecca Bardon; Associate Editorial Director: Margaret Howell; Creative Director: Judith Christ-Laford; Executive Production Director: Barbara Schwartz; Executive Editorial Director, Copy Desk: Craig Moskowitz;
 Manager, Digital Imaging: Marc Stern; Executive Director of Photography: Steven Diamond; Publishing Systems Director: David Hendrickson; VP, Marketing: Jocelyn Forman; Senior Marketing Manager: Leslie Tevin; Director,
 Manufacturing & Distribution: Mimi Espartero; Manufacturing Coordinator: Georgiana Deen; CORPORATE: President, Chief Exec. Officer, and Chairman of the Board of Scholastic Inc.: Richard Robinson