Looking at Food Claims Quick Activity

Explain that as people have become more health-conscious and more concerned about the foods they eat, food manufacturers have changed their packaging to promote healthy factors.

Ask students to study packages of food in their homes or at local stores. Suggest that they make a list of the claims they find on the packaging. If possible, students can also bring the products to class.

Make a class list of the kinds of claims students found. Discuss how these kinds of labels might influence people's buying habits.