



Table Labels

What's in Your Food?

Beginner: Look at food labels and talk about what you see on the packaging.

[Tip]: Find different colours, numbers, words or shapes. Look at pictures on the label.

Intermediate: Look at food labels and talk about what is on the label.

[Tip]: Make a game to read all of the ingredients. Talk about ingredients you know and those you do not know.

Experienced: Compare food labels and talk about what is inside them.

[Tip]: Find similarities and differences between different foods, or try playing a game to find what two food items have the most sugar.

Why is this important? Children learn food vocabulary and develop an understanding of what goes into their bodies!

References: Cronin, V., Farrell, D., & Delaney, M. (1999). Environmental print and word reading. *Journal of Research in Reading*, 22(3), 271. <https://doi-org.uwinnipeg.idm.oclc.org/10.1111/1467-9817.00090>