



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 that 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? Conversations can focus on important food topics such as healthy and unhealthy eating, and how to read food packages to learn.

Reference:

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