



Lesson 3: Activity Worksheet

Fiber

foodliteracycenter.org/lesson3

Activity Overview

Students will learn to find 'fiber' on nutrition labels and identify different types of food that have fiber.

Grade Level

K-6th grade

Materials

- Pencils
- Scissors
- Coloring crayons/color pencils
- Nutrition label samples
- Fiber flashcards

Flashcard Instructions

Adults cut out the flashcards. Pile them up and show students one card at a time. Students can also color the flashcards.

- Questions**
- "What food is this?"
 - "Does it have fiber?"
 - "If it does have fiber, is it a fruit, vegetable, or whole grain?"
 - "Have you had this food before? How do you cook it? What do you eat with it?"

Nutrition Label Instructions

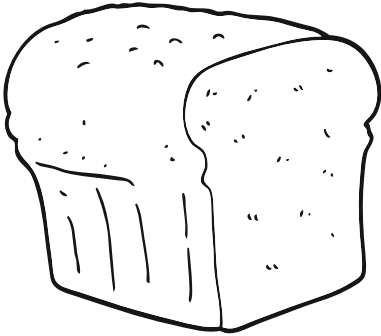
Give students the nutrition label examples. They should locate the fiber.

- Questions & Talking Points**
- "Can you find where fiber is listed?"
 - "What has more fiber?"
 - "How much fiber does it have?"
 - "Can you see the difference in fiber?"
 - "1g of fiber makes a big difference in the daily amount you need."



K - 6th Grade Activity

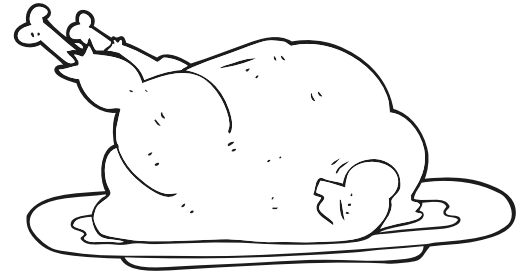
Fiber: Flashcards



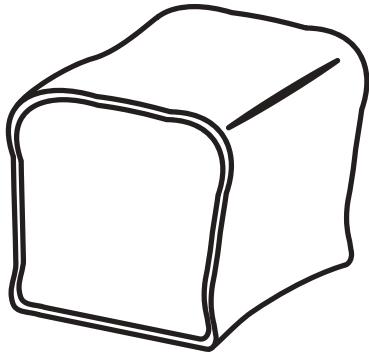
Wheat Bread



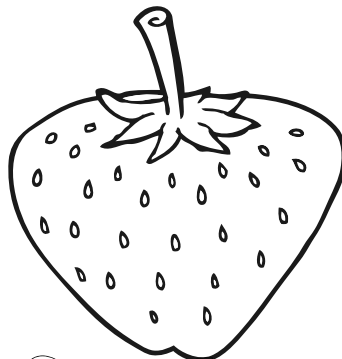
Ice Cream



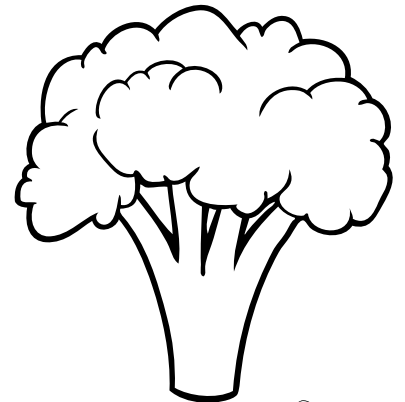
Rotisserie Chicken



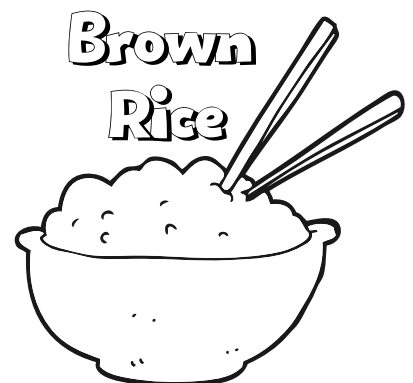
White Bread



Strawberry



Broccoli



Answer Key

Has Fiber:

Whole Wheat Bread, Brown Rice, Broccoli, Strawberry

Does Not Have Fiber:

White Bread, White Rice, Rotisserie Chicken, Ice Cream



K - 6th Grade Activity

Fiber: Nutrition Labels

Brown Rice

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 111	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

White Rice

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 130	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Strawberries

Nutrition Facts	
Serving Size: 8 med. berries (147g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Strawberry Ice Cream

Nutrition Facts	
Serving Size 1 scoop (85g)	
Servings Per Container 83	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 6%	Vitamin C 15%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4





K - 6th Grade Activity

Fiber: Nutrition Labels

Broccoli

Nutrition Facts	
Serving Size 1 cup chopped 91g (91 g)	
Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Vitamin C 135%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
©www.NutritionData.com	

Rotisserie Chicken

Nutrition Facts	
Serving Size 3oz (84g)	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 490mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 18g	36%
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Whole Wheat Bread

Nutrition Facts	
17 servings per container	
Serving size 1 Slice (42g/1.5oz)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	7%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	6%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

White Bread

Nutrition Facts	
Serving Size 1 slice (33g)	
Servings per Container 18	
Amount per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

CONTAINS: EGGS, SOY

