

Task Title: Percentage of Daily Values

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ____ No ____	
Goal Path: Employment ____ Apprenticeship ____ Secondary School ____ Post Secondary ____ Independence ✓	
Task Description: The learner will read a Nutrition Facts label to find the % daily values of the various nutrients in the product. The learner will calculate how changing the serving size can increase the % daily value.	
Competency: A: Find and Use Information B: Communicate Ideas and Information C: Understand and Use Numbers	Task Group(s): A1: Read continuous text A2: Interpret documents B2: Write continuous text C3: Use measures
Level Indicators: A1.2: Read text to locate and connect ideas and information A2.2: Interpret simple documents to locate and connect information B2.2: Write texts to explain and describe information and ideas C3.2: Use measures to make one-step calculations	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• Learner information and instructions (next page)• Nutritional Facts label (with the learner information and instructions on the next page)• <i>Using the Nutrition Facts Table: % Daily Value</i> information sheets from Health Canada (attached on 2 pages following learner information and instructions)• Pen or pencil	

Task Title: Percentage of Daily Values

Use the *Using the Nutrition Facts Table: % Daily Value* information sheets from Health Canada and the Nutrition Facts label at bottom of page to complete the following tasks.

Task 1: What percentage of your daily value of carbohydrates do you get from one serving of this product? _____

Task 2: What percentage of your daily value of iron do you get from one serving of this product? _____

Task 3: Would this product be a good source of iron? Explain your answer in a short paragraph.

Task 4: Is this product high in fat? Explain your answer in a short paragraph.

Task 5: How many servings in one day would you have to consume, to reach the recommended daily value of Vitamin C, if this was your only source?

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g		1 %	
Saturated 0 g + Trans 0 g		0 %	
Cholesterol 0 mg			
Sodium 0 mg		0 %	
Carbohydrate 18 g		6 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %



Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

- 1 LOOK at the amount of food**
Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

- 2 READ the % DV**
The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
15% DV or more is a **LOT** } This applies to all nutrients.

- 3 CHOOSE**

Make a better choice for you. Here are some nutrients you may want...

less of

- Fat
- Saturated and trans fats
- Sodium

more of

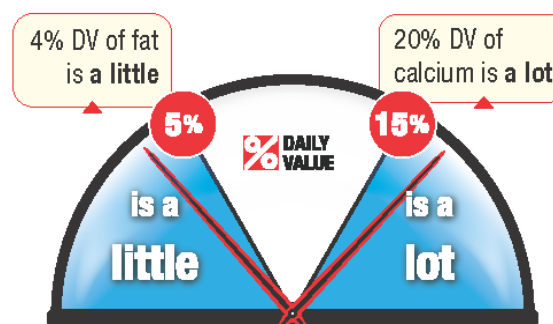
- Fibre
- Vitamin A
- Calcium
- Iron

Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

1 LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

Cracker A

Nutrition Facts			
Per 9 crackers (23 g)			
Amount		% Daily Value	
Calories 90			
Fat 4.5 g		7 %	
Saturated 2.5 g + Trans 0 g		13 %	
Cholesterol 0 mg			
Sodium 280 mg		12 %	
Carbohydrate 12 g		4 %	
Fibre 1 g		4 %	
Sugars 0 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

Cracker B

Nutrition Facts			
Per 4 crackers (20 g)			
Amount		% Daily Value	
Calories 90			
Fat 2 g		3 %	
Saturated 0.3 g + Trans 0 g		2 %	
Cholesterol 0 mg			
Sodium 90 mg		4 %	
Carbohydrate 15 g		5 %	
Fibre 3 g		12 %	
Sugars 1 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

2 READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

Cracker B has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

3 CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.



Task Title: Percentage of Daily Values

Answer Key

Task 1: 6%

Task 2: 2%

Task 3: Answers will vary but generally there is less than 5% daily value of iron which is considered “a little” (see point 3 of *Using the Nutrition Facts Table: % Daily Value* from Health Canada. The learner could also note that a person would have to eat a large amount of this product (50 servings) to get a 100% of the recommended daily value. **As a result of either of these rationales this product would not be a good source of iron.**

Task 4: Answers will vary but generally there is less than 5% daily value of fat which is considered “a little” (see point 3 of *Using the Nutrition Facts Table: % Daily Value* from Health Canada. The learner could also note that a person would have to eat a huge amount of this product (more than 100 servings) to exceed 100% of the recommended daily value. **As a result of either of these rationales this product would not be a good source of iron.**

Task 5: $100\%/10\% = 10$ servings

Task Title: Percentage of Daily Values

Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	<ul style="list-style-type: none"> Makes connections between sentences and between paragraphs in a single text 			
	<ul style="list-style-type: none"> Scans text to locate information 			
	<ul style="list-style-type: none"> Makes low-level inferences 			
A2.2	<ul style="list-style-type: none"> Performs limited searches using one or two search criteria 			
	<ul style="list-style-type: none"> Extracts information from tables and forms 			
	<ul style="list-style-type: none"> Uses layout to locate information 			
	<ul style="list-style-type: none"> Makes connections between parts of documents 			
	<ul style="list-style-type: none"> Makes low-level inferences 			
B2.2	<ul style="list-style-type: none"> Writes texts to explain or describe 			
	<ul style="list-style-type: none"> Uses a limited range of vocabulary and punctuation appropriate to the task 			
	<ul style="list-style-type: none"> Begins to select words and tone appropriate to the task 			
C3.2	<ul style="list-style-type: none"> Calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers 			
	<ul style="list-style-type: none"> Chooses and performs required operation(s); may make inferences to identify required operation(s) 			
	<ul style="list-style-type: none"> Selects appropriate steps to solutions 			
	<ul style="list-style-type: none"> Uses strategies to check accuracy (e.g., estimating, using a calculator, repeating a calculation, using the reverse operation) 			

This task: was successfully completed____ needs to be tried again____

Learner Comments

Instructor (print)

Learner Signature