



Food Sustainability Indicators Introductory Activity - Rank each item in your lunch out of 5.

List four
of your
lunch
items

Nutrition-
a high score
is very
nutritious

Waste
- a high
score is
little waste

Food Miles
- a high
score is
from Ontario

Total
- add the
total out
of 15

Enter totals here				

Work in groups of four. Use this sheet for your scores and rank each category out of five. Use the Nutritious Facts worksheet to rank the processed food in your lunch, such as yogurt, crackers, juice, etc. Average the totals for the group. Graph your results, use a bar graph and a line graph. Present your findings to the class. Answer these questions: What did you learn about your lunch choices? What kind of waste did you produce? Did you know where your food came from? How much salt did you eat? What scored highest and what was the lowest? How can you improve your score? Is there a better way to present your results to the class?



Nutritious Fact Sheet Worksheet -

Use the Nutrition Facts Label on your lunch item to help you score your diet.

Lunch Item _____

Per 125 mil (87 g) Amount _____			
Calories		% Dailey Value	
Fat	_____g	___%	
Saturated	_____g	___%	
Trans	_____g	___%	
Cholesterol	_____mg	___%	
Sodium	_____mg	___%	
Carbohydrate	_____g	___%	
Fibre	_____g	___%	
Sugars	_____g	___%	
Protein	_____g		
Vitamin A	___%	Vitamin C	___%
Calcium	___%	Iron	___%

Score 1 2 3 4 5

Lunch Item _____

Per 125 mil (87 g) Amount _____			
Calories		% Dailey Value	
Fat	_____g	___%	
Saturated	_____g	___%	
Trans	_____g	___%	
Cholesterol	_____mg	___%	
Sodium	_____mg	___%	
Carbohydrate	_____g	___%	
Fibre	_____g	___%	
Sugars	_____g	___%	
Protein	_____g		
Vitamin A	___%	Vitamin C	___%
Calcium	___%	Iron	___%

Score 1 2 3 4 5

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Sodium	_____mg	___%	
Carbohydrate	_____g	___%	
Fibre	_____g	___%	
Sugars	_____g	___%	
Protein	_____g		
Vitamin A	___%	Vitamin C	___%
Calcium	___%	Iron	___%

Score 1 2 3 4 5

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Score 1 2 3 4 5