

Health

Quarter 4 – Module 7: Analyzing Packaging and Labels of Health Products



Health – Grade 6
Alternative Delivery Mode
Quarter 4 – Module 7: Analyzing Packaging and Labels of Health Products
First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this book are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Author:	Receli P. Imas
Editor:	Elsie P. Serafico
Reviewer:	Ma. Lennie F. Pamposa, Elsie P. Serafico, John Mark Q. Apellado
Illustrator:	Zoila Mae M. Panes
Layout Artist:	Catherine P. Padrones, Ria V. Omaña
Management Team:	Ma. Gemma M. Ledesma, Elena P. Gonzaga, EdD Donald T. Genine, Althea V. Landar, Ma. Nilma E. Casamayor Dexter P. Diergos, Winifred S. Panes

Printed in the Philippines by _____
Department of Education – Bureau of Learning Resources (DepEd-BLR)

Office Address: Ground Floor, Bonifacio Building, DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (02) 634-1072 or 634-1054; 631-4985

E-mail Address: blr.lrgad@deped.gov.ph * blr.lrpd@deped.gov.ph

Health

**Quarter 4 – Module 7:
Analyzing Packaging and
Labels of Health Products**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It aims to provide you essential skills in examining the information presented in the packaging and labels of health products. It will help you perform intelligent purchases to ensure quality and safety from the products you are consuming.

The module consists of only one lesson.

- Lesson 1 – Analyzing Packaging and Labels of Health Products

After going through this module, you are expected to analyze packaging and labels of health products. **(MELC, H6CH-IVh-21)**



What I Know

A. Directions: Write **Yes** if the statement analyzes packaging and health labels of products and **No** if it is not. Write your answer on a separate sheet of paper.

1. Kim reads the nutrition facts of the food she purchased carefully.
2. Manny takes a look at first on the number of serving and serving size on the food label.
3. Sofia ignores the serving size indicated on the food package.
4. Rona takes 3 servings of fresh milk in a day with 280 calories per serving. She would then consume additional 560 calories from other food intakes.
5. Total sugars are the total amount of combined sugars naturally present in many nutritious foods and beverages found in one product.

B. Directions: read and analyze the food label showing the Nutrition Facts of a product. After careful analysis, answer the following questions and write your answer on a piece of paper.

6. What is the total number of servings per container as stated on the food label?
7. Which among the nutrients presented in the label provided the highest % daily value?
8. One serving of the product contains how many calories?
9. What is the suggested serving size found on the nutrition facts?
10. How many calories will take in if you will take 4 servings of the food in one day?

Nutrition Facts	
10 Servings per container	
Serving size	1 cup (330g)
Amount per serving	
Calories	
280	
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

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.

Lesson

1

Analyzing Packaging and Labels of Health Products

Food packaging provides protection from damage, contamination, spoilage and ensure the desired quality of food throughout its shelf life. Some people find it hard to understand the meaning behind a food package or label. This is the reason why there is a need to know how to properly analyze and interpret them.



What's In

What you see is what you get. The product you are looking at is exactly what you get if you buy it. People look at the food labels and use the information as basis in choosing the product they buy.

The nutrition label provided in the package provides essential information about the food product you buy. It shows the nutritional value, ingredients and other important details you need to know about the product. In general, it tells more on what you will get from it.

Labels offers consumers an access to information they can rely on. It is important to read and analyze the label to develop awareness and mindfulness about the food you buy.

The detailed information on food labels encourage people to buy the product and to believe in the written facts about it.

However, it is hard for consumers to choose healthy options when there is no careful inspection of the listed ingredients. To be safe as well as avoid being misled, analyze carefully the food package and labels before using or buying any food product.



What's New

- A. Directions: Read the poem carefully. Take note of important reminders stated in the poem on how to analyze food packaging and labels.

Stop, Look and Analyze

Written by: Receli P. Imas

Look at the food labels and have it examined by you
Sounds so boring but need to know what it made it so
Check the top section that contains specific information
On the amount of nutrients or calories for your nutrition

Seeing first ingredient with refined grains or too much sugary
Assume that the food or beverage product is unhealthy
Need to look for their items that are nutrient rich instead
Surely dietary fiber, calcium and iron are highly recommended.

Watch out for the amount of calories and other nutrients
You will be often tricked and often find it as good ingredients
It's time to know and be aware of the best serving scheme
Make sure even a single serving to try can't make you a victim.

If you are fully interested in knowing the nutritional value
Try to multiply and analyze the amount consumed by you
To the number of serving you wanted to take in for you
It's then to realize that too much calories are harmful too.

- B. Directions: Complete the thought of the sentence by supplying the appropriate word. Select your answer from the box below. Write the answer on your answer sheet.

1. Analyze the amount of food_____.
2. Look at the food labels and _____ it.
3. Watch out for the _____ and other nutrients in the food label.
4. Be aware that too much sugar is_____.
5. Too much calories are _____ too.

harmful	examine	consumed	calories	unhealthy
----------------	----------------	-----------------	-----------------	------------------

B. Directions: Look at the food label. Study and analyze the nutrition facts. Answer the questions below and write you answer on a sheet of paper.

Name of the product →

Expiration Date:
January 7, 2021

Kind of the product →

Net contents in weight, measure or count →

Nutrition Facts	
4 Servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	
280	
	% Daily Value
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
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.	

Questions:

1. What is the name of the product?
2. What kind of product is it?
3. When will be the expiration date of this product?
4. What is the serving size of the product?
5. Why do we need to read and analyze food labels?



What is It

The children are talking about what they have studied on reading labels and packaging. Take note of the important points about their conversation.

Rita, please take a look at the Nutrition Facts found on a food label.



Nutrition Facts	
8 Servings per container	
Serving size	1 cup(250g)
Amount per serving	
Calories	
280	
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%

Yes, Nilo. We can see there the nutrition facts, a table of information where you can find the nutrients found in the food you are eating. You can also find here the right measure of nutrients which you are taking in.



You are right. What you are talking about is the important facts found on the food label. It is very important to look and read this information to make us informed and help us choose healthy diet.



Nutrition Facts	
8 Servings per container	
Serving size	1 cup(250g)
Amount per serving	
Calories	
280	

Take a look at main top label. It contains specific product information that may vary in each food and beverage product (serving size, calories, and nutrient facts). The bottom section explains the %Daily Value and gives the number of calories used for general nutrition advice

% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%



It is good that you used labelled sections to help explain in details the health information present in it but these are not the actual food labels, Rita.



Exactly! Nilo. I am going to share to you how to use this information found on the table easily and effectively.



Nutrition Facts

4 Servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280

Example				
	1 Serving of Milk	&DV	2 Serving of Milk	%DV
Serving Size	1 cup		2 cups	
Calories	280		560	
Total Fat	9g	12%	18g	24%

1. Serving Information (#1 on the sample)

4 Servings per container
Serving size per container 1 cup (227g)

First, look at the number of servings and the serving size in the package. The serving size tells the amount in food that people eat or drink but not a recommendation of how much you should take in. They are familiar units provided in similar foods such as cups or pieces and number of grams (g) or milligram (mg).

It is important to know that the amount of nutrients including the number of calories is equivalent to the serving.

For example, in the given label, one serving of milk is equivalent to 1 cup. If you drink 2 cups, you would be consuming 2 servings and 2 times the calories and nutrients shown in the table, so you would need to double the nutrients, calorie % DV amounts to see what you are getting in 2 servings.



2. Calories
(#2 on sample label)

Amount per serving
Calories **280**

Calories provide a measure of how much energy you get from a serving of this food.

In the example, there are 280 calories in one serving of milk. What if you consume 4 servings? Then, you would take 1, 120 calories.



Nutrition Facts

8 Servings per container
Serving size 1 cup(250g)

Amount per serving
Calories
280

% Daily Value

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

3. Nutrients
(#3 on sample label)

This label shows the key nutrients that have an impact on your health. You can use this to support your personal dietary needs. Look for foods that contain more of the nutrients you want to get and less from nutrients you want to limit such as saturated fats, sodium and ...



Why do we need to limit the intake of those nutrients Rita?

Saturated Fat, sodium and added sugars has an adverse impact to one's health Nilo. Eating too much of them can cause health conditions like cardiovascular disease and high blood pressure.



% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%



What about the difference between Added Sugars from Total Sugars?

Total Sugars are naturally present in beverages such as sugar in milk and fruit. There is no recommendation been made for the total intake of these nutrients.

Added Sugars such as fructose, dextrose, table sugars, sugars from syrups, honey and concentrated fruit and vegetable juices are added during the processing of food.

Take note that before Added Sugar is printed on the label, that Added Sugar is included in the number of grams of Total Sugars in the product.

Look at the container of yogurt. It shows added sweeteners that has 7 grams of Added sugars.



Total Sugars 15g	
Includes 7g Added Sugars	14%



Dietary fiber, Vitamin D, calcium, iron and potassium are nutrients to get more of. It increases the frequency of bowel movements, lower blood glucose and cholesterol levels, reduce calorie intake and help avoid of developing osteoporosis, anemia and high blood pressure.

You can use the label to support your personal dietary needs in choosing nutrients that you want to get more of and less of the nutrients you may want to limit.



4. The Percent Daily Value(%DV) (#4 on sample label)

The percentage Daily Value for each nutrient in a serving of the food are amounts expressed in grams, milligrams or micrograms of nutrients to consume or not to exceed each day. It helps determine if a serving of food is high or low in a nutrient.

Take note that some nutrients on the Nutrition Facts label like sugars and trans fat do not have % DV.

Here is the General, Guide to % DV
*5 % DV or less of nutrient per serving is considered low

(Saturated Fat, Sodium and Added Sugars)

*20% DV or more per serving is considered high

(Vitamin D, Calcium, Iron and Potassium)

Protein is listed if the products is intended for infants and children under 4 years of age. However, if it is intended for older ones DV for protein is not required.

You can use % DV to help you make dietary with other foods each day.

	% Daily Value
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

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.



What's More

A. Directions: Study the picture of a nutrition food label. Answer the following questions. Do this on another sheet of paper.

<p>1. _____</p> <p>What is the total number of servings per container of the food product?</p>	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> </thead> <tbody> <tr> <td colspan="2">5 Servings per container</td> </tr> <tr> <td>Serving size</td> <td>1 cup (330g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td colspan="2">Calories 260</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value</td> </tr> <tr> <td>Total Fat 9g</td> <td>12%</td> </tr> <tr> <td>Saturated Fat 4.5g</td> <td>23%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 35mg</td> <td>12%</td> </tr> <tr> <td>Sodium 850mg</td> <td>37%</td> </tr> <tr> <td>Total Carbohydrate 34g</td> <td>12%</td> </tr> <tr> <td>Dietary Fiber 4 g</td> <td>14%</td> </tr> <tr> <td>Total Sugars 15g</td> <td></td> </tr> <tr> <td>Includes 9g Added Sugars</td> <td>18%</td> </tr> <tr> <td>Protein 20g</td> <td></td> </tr> <tr> <td>Vitamin D 0mg</td> <td>0%</td> </tr> <tr> <td>Calcium 320mg</td> <td>25%</td> </tr> <tr> <td>Iron 1.6mg</td> <td>8%</td> </tr> <tr> <td>Potassium 510mg</td> <td>10%</td> </tr> <tr> <td colspan="2"> <p>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.</p> </td> </tr> </tbody> </table>	Nutrition Facts		5 Servings per container		Serving size	1 cup (330g)	Amount per serving		Calories 260		% Daily Value		Total Fat 9g	12%	Saturated Fat 4.5g	23%	Trans Fat 0g		Cholesterol 35mg	12%	Sodium 850mg	37%	Total Carbohydrate 34g	12%	Dietary Fiber 4 g	14%	Total Sugars 15g		Includes 9g Added Sugars	18%	Protein 20g		Vitamin D 0mg	0%	Calcium 320mg	25%	Iron 1.6mg	8%	Potassium 510mg	10%	<p>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.</p>	
Nutrition Facts																																											
5 Servings per container																																											
Serving size		1 cup (330g)																																									
Amount per serving																																											
Calories 260																																											
% Daily Value																																											
Total Fat 9g	12%																																										
Saturated Fat 4.5g	23%																																										
Trans Fat 0g																																											
Cholesterol 35mg	12%																																										
Sodium 850mg	37%																																										
Total Carbohydrate 34g	12%																																										
Dietary Fiber 4 g	14%																																										
Total Sugars 15g																																											
Includes 9g Added Sugars	18%																																										
Protein 20g																																											
Vitamin D 0mg	0%																																										
Calcium 320mg	25%																																										
Iron 1.6mg	8%																																										
Potassium 510mg	10%																																										
<p>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.</p>																																											
<p>2. _____</p> <p>What is the recommended serving size indicated on the food label?</p>																																											
<p>3. _____</p> <p>How much calories will you get per serving?</p>																																											
<p>4. _____</p> <p>What are the nutrients that you can get from this product?</p>																																											
<p>5. _____</p> <p>How do you know that this food product is safe for one's health?</p>																																											



What I Have Learned

Directions: Look at the picture closely. Study and analyze the packaging and food labels and answer the questions on a sheet of paper.

1. What should be the first thing to check on the food packaging?
2. What are the nutrients that you can get more of that can help improve his or her diet and nutrition?
3. Why is there a need to read and analyze Nutrition Facts?

Nutrition Facts

4 Servings per container
Serving size 1 cup (330g)

Amount per serving
Calories 230

% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

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.



Assessment

A. Directions: Write **True** if the sentence shows the process of analyzing the packaging and labels of food or **False** if it does not. Write your answers on a separate sheet of paper.

1. Celia buys food that contains nutrients she wants to get more of.
2. Ted consumes food while staying within his calorie limit.
3. Kyla loves to add too much food sweeteners on her dessert.
4. Grandpa likes to eat foods which are dietary fiber and potassium rich nutrients.
5. Peter sees to it that he consumes the right amount of nutrients everyday based on the recommended % Daily Value of the food.

B. If you drink 2 cups of milk, you would be consuming two servings that is two times the calories and nutrients, so you would double the amount of the nutrient and calorie as well as the % DV. Study and analyze the Nutrition Facts given. See and compute for what you are getting in two servings. Write it on your answer sheet.

NUTRITION FACTS				
	1 Serving of Milk	%DV	2 Serving of Milk	% DV
Serving Size	1 cup		6. _____	
Calories	290		7. _____	
Total Fat	9g	12%	18g	24%
Saturated Fat	4.5g	23%	8. _____	46%
Calcium	320mg	25%	9. _____	50%
Iron	1.5mg	8%	3mg	10. _____

Thank you for accomplishing this module. Congratulations!



Additional Activity

Directions: Read and analyze the information on the given Nutrition Facts below. Fill in each blank with the correct answer. Write your answers on a sheet of paper.

1. People look at _____ of food labels to help them choose a healthy diet.
2. Information found in the main of top section of the nutrition label is called _____.
3. Total servings per container in the food package is _____.
4. Maintain a healthy body by having a balanced amount of _____.
5. The amount of nutrients present per serving size of the food product is _____.

Nutrition Facts	
8 Servings per container	
Serving size	1 cup (250g)
Amount per serving	
Calories	
280	
% Daily Value	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4 g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
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.	

1. Serving Information →

2. Calories

3. Nutrients →

4. Quick Guide to percent Daily Value (% DV)
• 5% is low
• 20% is more is high ←



Answer Key

<p>What Can I Do</p> <p>Pupil's answer may vary</p> <p>Assessment</p> <ol style="list-style-type: none"> 1. True 2. True 3. False 4. True 5. True 6. 2 cups 7. 580 8. 9g 9. 640g 10. 16% <p>Additional Activities</p> <ol style="list-style-type: none"> 1. Nutrition facts 2. Serving Information 3. 8 4. Calories 5. 1 cup/250g 	<p>What's More</p> <ol style="list-style-type: none"> 1. 5 2. 1 cup 3. 260 4. Answers may vary 5. Answers may vary <p>What I Have Learned</p> <ol style="list-style-type: none"> 1. Serving Information 2. Answers may vary 3. Answers may vary 	<p>What I Know</p> <ol style="list-style-type: none"> 1. Yes 2. Yes 3. No 4. No 5. No 6. 10 7. Total Carbohydrate 8. 280 9. 1 cup/330g 10. 1,120 <p>What's New</p> <p>A.</p> <ol style="list-style-type: none"> 1. consumed 2. examined 3. calories 4. unhealthy 5. harmful <p>B.</p> <ol style="list-style-type: none"> 1. Milk 2. Fresh Milk 3. January 7, 2021 4. 4 5. Pupil's answer may vary
---	---	---

References

How to Understand and Use the Nutrition Facts Label. Retrieved on November 2, 2020 at <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

MELC H6CH-IVh-21, p.355

For inquiries or feedback, please write or call:

Department of Education – Bureau of Learning Resources (DepEd- BLR)

Office Address: Ground Floor, Bonifacio Building, DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (02) 634-1072 or 634-1054; 631-4985

E-mail Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph