



SECOND GRADE LESSON: Food Regulation SC STANDARD: 2.W.1



It's your world.

FOOD REGULATION

OBJECTIVES:

- Understand that food is regulated for safety reasons
- Understand what the government does to regulate food in the United States
- Recognize that labeling must be read in order to be useful

LET'S GET STARTED! (10 MINUTES):

- Explain what food regulation is
- Discuss the reasons behind food regulation
- Discuss examples of food regulation
- Recognize that health and safety labels on food exist but must be read by the consumer in order to be useful

ACTIVITY (15 MINUTES):

- Persuasive writing on opinions of food regulation and food labeling

WRAPPING UP (5 MINUTES):

- Remind students about the reasons for food regulation and the need for customer participation
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 2.W.1 Write Arguments to Support Claims with Clear Reasons and Relevant Evidence

MATERIALS:

- Food Regulation Persuasive Writing
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week, we are going to talk about food regulation! Explain that food companies have to listen to certain rules set by the government. Explain that the government's goal is to keep the food supply safe.

DIALOGUE BOX

- Today we are going to talk about food regulation. Does anyone have an idea what it means when I say food regulation?
- Food regulation is what the government does to make sure what we are eating is safe. The food sold in stores has met certain standards to ensure that it will not make you sick.
- The way that food is grown, handled, and produced are all checked out to make sure that it is safe. Both farmers and factories have to follow certain rules that regulate sanitation and the use of chemicals. You wouldn't want to eat food that was prepared in a dirty place or had chemicals in it that were not safe for your body!
- Factories have to be inspected to make sure they are clean and the ingredients they are using are safe. Processed foods often have chemicals or other weird things in them, and you may see things you don't recognize as food when you read the ingredients list. The people that regulate the food we eat make sure all of those things are safe and will not cause us harm.
- The labeling on food is another way it can be regulated. You may notice all the writing that comes on food in boxes and bags. There's an expiration date, which tells you when it is safe to eat a certain food. If you eat something past the posted expiration date on the package, the food might be spoiled and could possibly make you sick.
- Packages also have notices that tell you when something needs to be refrigerated after it is opened. This is to keep the food from going bad. Some things need to be refrigerated or they could make you sick.
- Even the ingredients have to be listed on the food packaging! You have the right to know what's in the food you are eating, and you can find the ingredients on any packaging!
- Explain that the food labels we have talked about all year are also part of food regulation. Explain how food labels are an important part of health.

DIALOGUE BOX

- Remember the food labels we have been talking about so much this year? You can find them on the packing of any food, which is also part of food regulation.
- The government is required to put food labels on all of the foods that we eat. As we've discussed, you can find out a lot of information from reading the food label! It tells you the amount of calories, fat, protein, carbohydrates, sugar, sodium, and even vitamins and minerals in a certain food!
- Just because food regulation standards require food labels to be listed on food doesn't mean that they regulate how healthy the food is. It's up to you to read the food label and decide how healthy it is.
- You know a lot about food and health now, and you have learned how to read food labels as well. The government can regulate how food is labeled, but it can't force you to make healthy choices. That's up to you!

ACTIVITY

- Introduce the activity and explain the purpose of the writing assignment.

DIALOGUE BOX

- What do you all think about food regulation? Is it good that the government makes sure that our food is safe?
 - And what about food labels? Should the government be more or less strict about what they put on food labels? We know that sometimes advertisements make us think things are healthier than they are, but we can always read a food label to find out the truth.
 - Now you are going to write an argument for whether you think food regulation is a good thing or an unnecessary thing.
 - Decide whether or not you like the things that food regulation does, and write an argument to explain your opinion. Try to persuade someone to think the same way as you do!
 - Make sure to support your opinion as best you can with reasons that explain why you think food regulation is good or bad!
-
- Ask students to share their opinions about food regulation. Allow them to state their opinion as well as explain their stance. Promote group discussion by elaborating on certain points brought up in their writing.

WRAPPING UP

- Remind children that food regulation is a way of keeping them safe. Food labels, warning labels, and other safety labels on food are for their own protection!
- Remind students that food labels and ingredients are always listed on food, but it is their job to check them before making a decision about whether or not something is healthy!
- Distribute the Boss' Backpack Bulletin with the weekly goal.

BOSS' BACKPACK BULLETIN

Your goal this week is to read the labeling on the foods eat. The government goes through lots of effort to mak your food safe, and a lot of that information is on the la Remember, they label it, but you have to read it!



Labels To Check For:

Does it need to be refrigerated after opening?

Where was it made?

Can the packaging be recycled?

When does it expire?

Read the nutrition facts on the food label!

Check the ingredients list!

Are there any safety hazards?