Grab N Go Resources and Activity Ideas: Reading Food Labels, January 2023

**Reading Food Labels Presentation - contact FNIHB**

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**Activity Ideas:**

* Ingredient Investigation activity: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf>
* Sugar shocker exercise
* Host a cooking or snack session with discussion around reading food labels of the ingredients you are using. (If you need help with ideas for your cooking class contact FNIHB)

**Nutrition Labelling Online Course:**

* Free online course from Health Canada on Nutrition Labelling: <https://www.canada.ca/en/health-canada/services/understanding-food-labels/nutrition-labelling-course.html>
* The course if self-paces and takes about 3 hours to complete.
* Upon successful completion of the course, you will receive a certificate!

**Web Based Resources:**

**Understanding Food Labels**

<https://www.canada.ca/en/health-canada/services/understanding-food-labels.html>

**Interactive Nutrition Facts Table**

<https://www.canada.ca/en/health-canada/services/understanding-food-labels/nutrition-facts-tables.html#a4>

**Nutrient Content Claims: what they mean**

<https://www.canada.ca/en/health-canada/services/understanding-food-labels/nutrient-content-claims-what-they-mean.html>

**Label Reading the Healthy Way**

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-label-reading.pdf>