Name: _____ Date: _____

Read the Ingredients List Like a Detective

Circle group

Turn a box of crackers over. You will see a list of ingredients. The ingredients are the things used to make the food. The list is a clue to what is inside.

The ingredients are in order. The one that weighs the most is first. The one that weighs the least is last. If sugar is first in a cereal, there is more sugar than any other one ingredient. If oats are first, oats are the main part.

The label also shows common allergens. An allergy means a food can make some people sick, even in a tiny bite. Milk, eggs, peanuts, and wheat are on that list. A child with an allergy can read the label first.

Short lists are easy. Long lists have long words. Ask a grown-up about words you do not know.

Questions

1. What is an ingredient?

_____

_____

2. Which ingredient is first on the list?

_____

_____

3. What does it mean if oats are first in a cereal?

_____

_____

4. What is an allergy?

_____

_____

5. Which foods are named as common allergens?

_____

_____

6. Why would a child with an allergy read the label before eating?

_____

_____

Words to know

ingredients: the things that are mixed to make a food
label: a paper or tag that gives facts about a product
allergens: foods that can cause an allergy
allergy: a body reaction that makes some people sick

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Read the Ingredients List Like a Detective

Triangle group

Turn a box of crackers over, and you will find a list of ingredients. The ingredients are the things used to make the food. This list is a clue to what is inside.

The ingredients are listed in order. The one that weighs the most comes first. The one that weighs the least comes last. If sugar is the first ingredient in a cereal, there is more sugar in the box than any other single ingredient. If oats come first, then oats are the main part.

The label also tells you if the food has common allergens. An allergy means that a food can make some people sick, even in a tiny bite. Milk, eggs, peanuts, and wheat are on that list. A child with an allergy can check the label before eating.

Short lists are easy to read. Long lists can have long words. When you see a word you do not know, you can ask a grown-up or look it up.

Questions

1. What is an ingredient?

_____

_____

2. Which ingredient comes first on the list?

_____

_____

3. What does it mean if oats come first in a cereal?

_____

_____

4. What is an allergy?

_____

_____

5. Which foods are named as common allergens?

_____

_____

6. Why might a child with an allergy read the label before eating?

_____

_____

Words to know

ingredients: the things that are mixed to make a food
label: a paper or tag that gives facts about a product
allergens: foods that can cause an allergy
allergy: a body reaction that makes some people sick

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Read the Ingredients List Like a Detective

Square group

If you turn a box of crackers over, you will discover a list of ingredients, which are the things that were used to make the food. This list is a useful clue about what is inside.

The ingredients appear in a particular order. The one that weighs the most is listed first, and the one that weighs the least is listed last. If sugar is the first ingredient in a cereal, the box contains more sugar than any other single ingredient, but if oats come first, then oats make up the main part.

The label also identifies common allergens. An allergy means that a certain food can make some people sick, even from a tiny bite. Milk, eggs, peanuts, and wheat are all on that list, so a child with an allergy can check the label before eating anything.

Short lists are easy to read, whereas long lists may contain long and unfamiliar words. When you meet a word you do not know, you can ask a grown-up or look it up.

Questions

1. What are ingredients?

_____

_____

2. Which ingredient is listed first, and which is listed last?

_____

_____

3. What does it tell you if oats come first on a cereal label?

_____

_____

4. What does it mean to have an allergy?

_____

_____

5. Which four foods are named as common allergens?

_____

_____

6. How does the label help a child who has an allergy?

_____

_____

Words to know

ingredients: the things that are mixed to make a food
label: a paper or tag that gives facts about a product
allergens: foods that can cause an allergy
allergy: a body reaction that makes some people sick

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Read the Ingredients List Like a Detective

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Read the Ingredients List Like a Detective

Easier · 137 words · Flesch-Kincaid grade 2.4

1. A thing that is used to make the food.
2. The one that weighs the most.
3. Oats are the main part.
4. When a food can make some people sick, even in a tiny bite.
5. Milk, eggs, peanuts, and wheat.
6. To find out if the food has something that could make them sick.

Triangle: Read the Ingredients List Like a Detective

This passage · 164 words · Flesch-Kincaid grade 3.2

1. A thing that is used to make the food.
2. The one that weighs the most.
3. Oats are the main part of the cereal.
4. When a food can make some people sick, even in a tiny bite.
5. Milk, eggs, peanuts, and wheat.
6. To find out if the food has something that could make them sick.

Square: Read the Ingredients List Like a Detective

Harder · 173 words · Flesch-Kincaid grade 7

1. The things that were used to make the food.
2. The one that weighs the most is first, and the one that weighs the least is last.
3. Oats make up the main part of the cereal.
4. A certain food can make you sick, even from a tiny bite.
5. Milk, eggs, peanuts, and wheat.
6. It lets the child find out if a food has something that could make them sick.