

**Module** Desktop Publishing

**Lesson Topic** Create a sign or poster

In this lesson the learners will investigate the content of canned food. They will create a label for a made up food.

#### Outcomes

- List the different food groups
- Know what the food pyramid is
- Use the Drawing toolbar
- Create a label

#### Materials Needed

- Canned food or other food labels (2 per learner)
- Empty can
- Copy of worksheet for each learner
- CD with examples: Label and Label 2 (optional)
- Transparency

#### Lesson

| Content |              | Method   |
|---------|--------------|--|
| 1       | Introduction | Ask the learners to make a list of what they ate the previous day. |
| 2       | Transparency | Explain the food pyramid with the aid of the transparency.         |
| 3       | Worksheet    | The learners complete the worksheet.                               |
| 4       | Feedback     | Display the different “canned food”.                               |

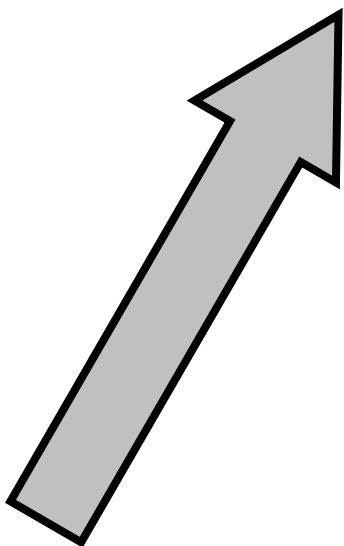
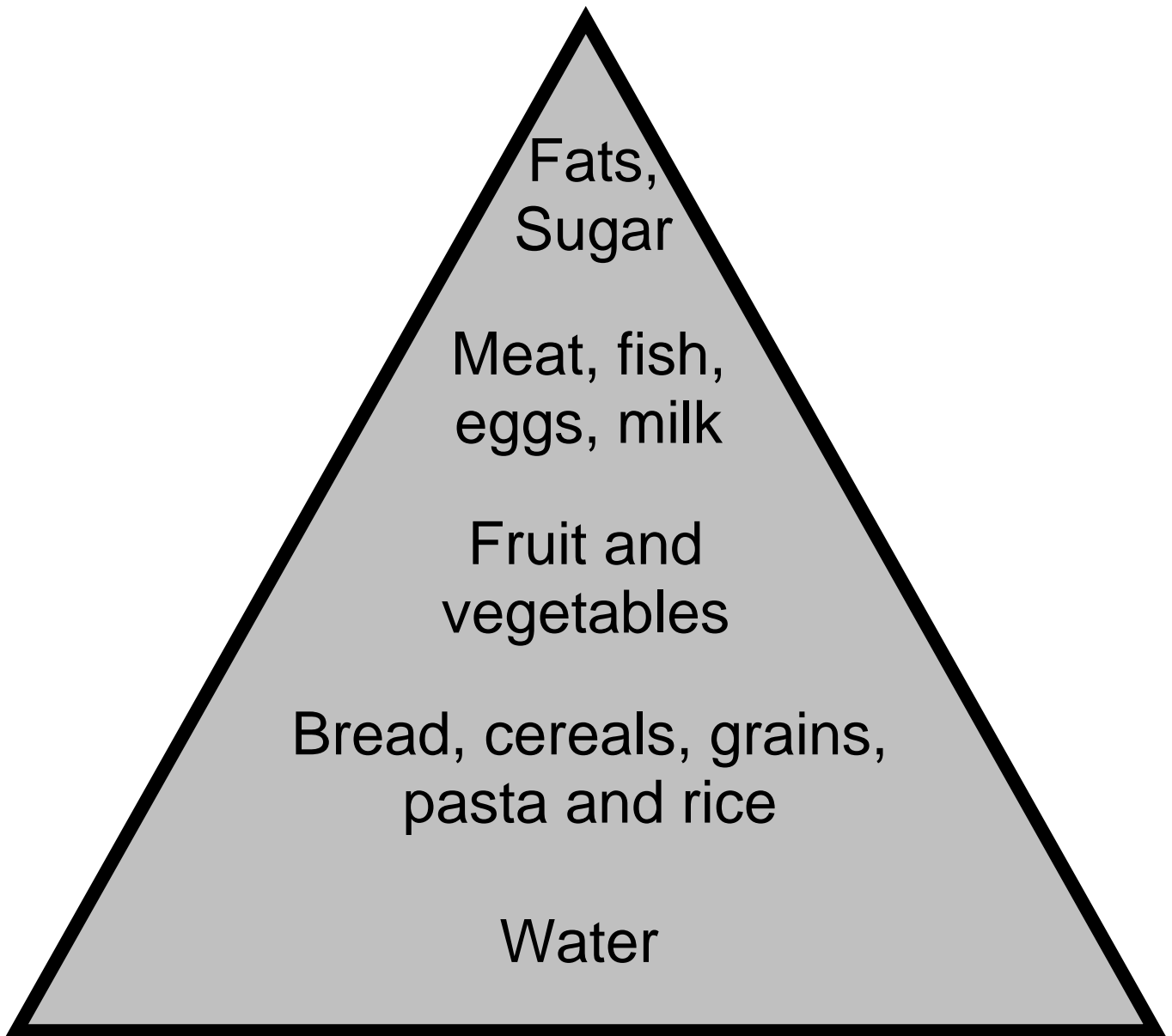
#### Assessment/ Assignment

An assessment rubric is included on the worksheet.

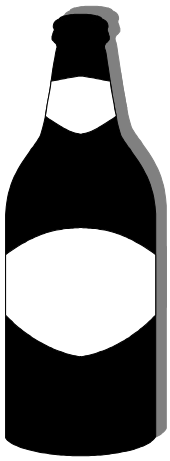
#### Notes

This lesson can be handed in as a project for the Natural Sciences learning area.

# The food pyramid



Sugar, Fats and oil  
Proteins  
Dairy Products  
Fruit and vegetables  
Carbohydrates  
Water



# Check that label

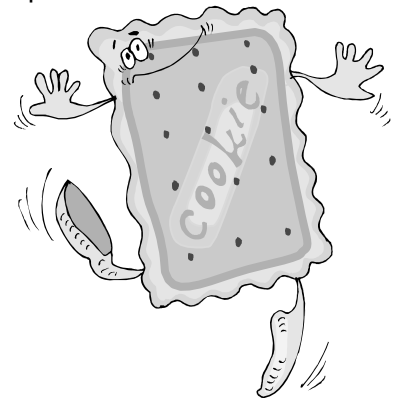
In this project you will create a label for new canned food. Before you can start, you will have to read the labels of other food to see what is printed on it. The nutritional values of the ingredients of packed food appear on the label.

Do the following:

1. Collect two or more cans of food.
2. Read their labels carefully and complete the following table.

| Type of food  |  |  |  |  |
|---------------|--|--|--|--|
| Energy        |  |  |  |  |
| Protein       |  |  |  |  |
| Carbohydrates |  |  |  |  |
| Fat           |  |  |  |  |
| Dietary Fibre |  |  |  |  |
| Sodium        |  |  |  |  |

3. What is the food pyramid?
4. Make up a completely new type of canned food. Do the following on the computer:
  - Create a label for the food can.
  - Include:
    - The name of the food
    - The company's name
    - The ingredients inside
    - Recipe ideas and directions for preparation
  - Be creative with colour and shapes.
  - Save and print the label.
5. Wrap the label around an old, empty can.



## Assessment Rubric

|                                 | 1  | 2  | 3   | 4   | Mark |
|---------------------------------|--|--|---|---|------|
| Nutritional Table               | Little attempt to complete the table                                   | Table more or less complete  | Table completed with realistic information        | Table completed with realistic information; more than required number of labels   |      |
| Food Pyramid                    | Attempt to explain   | Complete explanation with examples                                     | Explanation with drawing of food pyramid          | Complete explanation, with detailed drawing with examples of food groups and food |      |
| Label Appearance and Creativity | Bare minimum input has been given                                      | Standard presentation – content is relevant                            | Interesting and original presentation             | Unique presentation of extremely high quality                                     |      |
| Label Content                   | Very little effort made – content greatly copied directly from sources | Some part of content is relevant – partly copied directly from sources | Original content                                  | Original and creative content presented in a realistic way                        |      |
| Label Presentation              | Little competence in computer literacy demonstrated                    | Average competence in computer literacy demonstrated                   | Good competence in computer literacy demonstrated | Excellent competence in computer literacy demonstrated                            |      |

