

Spring Wellness Fair: Reading Food Labels



Skill Area: Community

Competencies: DI 1.4, DI 2.8, DI 2.1, DI 2.12, DI 2.2, DI 2.3, DI 3.2, DI 4.6, DI 3.5, HD 3

What I learned: This event provided a great opportunity to educate college students on reading food labels as well as challenge their measuring skills when estimating serving sizes.

Reflection to the event and activity: The Spring Wellness Fair was a day-long event held to help educate Fresno State Students on health related topics. Nutrition education played a significant role at this event. Appropriately, my booth targeted reading food labels and included an activity that challenged participant's measuring skills when estimating a serving size. The way this activity worked was a student would choose a label and then pour what they thought the amount was into a bowl. Once they finished pouring, we took their amount and measured it in a measuring cup to determine how accurate they were to the serving size. What we found was that the majority of participants poured much more than the actual serving size, and in result, must adjust amounts listed on the food label to reflect the actual amount they are eating.

Relevance to the profession: Nutrition education is a very important aspect of nutrition and food science as a profession.