



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

STORY (15 MINUTES):

- Read the story about food regulation and how Boss learns about it

WRAPPING UP (5 MINUTES):

- Remind students about the reasons for food regulation and the need for customer participation

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!



STORY

- Read the story about Boss learning about food regulation

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!

BOSS LEARNS ABOUT FOOD REGULATION

One of the things that Boss still has not learned about when it comes to health and nutrition is what food regulation means and how they are implemented in to how are food is made and packaged. His friend Sally knows everything about nutrition, including food regulation. One day boss asked his friend, "Sally what exactly is food regulation? That is still something I do not know much about, but knew you would know a lot about it!" His friend replied, "food regulations are what the government make in order to make sure our food is safe to eat! There are many things they do in order to prevent us from having bad or old food!" Boss asked, "Like what? What are the different types of food regulations?" Sally said, "well there are several ways you can regulate the food that you buy in the grocery store. One of the major ways is the fact that all the factories and places that food is made is checked out to make sure they are clean places to make our food! You can also find food being regulated right on the box or package your food comes in! On every package that your food comes in there is a date on it that tells you when that food is going to go bad! This is so you do not consume any bad food that could possibly make you sick or make your stomach hurt! This date is called the expiration date!" Boss had no idea that the date on the packages was made for that purpose! He asked, "What else can be done to regular price food besides checking the factories and the expiration dates?" His friend thought for a second and then said, "In Fact, yes there is. You may not know but the food label can tell you a lot about the food you eat, and is also a way to regulate food! The food label has many things on it that are meant to tell you information about the food you buy, for example, it tells you the calories, fat, sodium, and vitamins and minerals! All of these things are important to know and keep up with because you do not want to eat too much of one thing! The food label is meant to inform you on what you are eating, so if you think your favorite food may be healthy, you can check the food label and may find that it has more calories and fat then you rock ally thought!" Boss said, "This is so interesting! I did not know there were so many food regulations that I can actually see when I buy my food! Well, what about the food you buy out at restaurants? How is there food being regulated?" Sally replied, "Well not only do the facilities get checked to make sure they are clean, but there is also something similar to the food label that that restaurant and fast food places use to help you regulate the food you are eating! At most places, you can see the calorie count in that meal before you get it! This is another way to regulate food so that you know exactly what is in the food you are eating!" Happy that he now understand what food regulation means and how it works, he said "thank you so much for explaining food regulation to me! I am going to start reading the expiration date and food labels more often so that I can know all of the information on the food I eat! I am also going to be on the look out for the calorie numbers that are on the menu!"