

What's in a package?

O que há no pacote?

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Target learners: Public school students

Suggested level: 8th grade students upwards/ intermediate to advanced

Group size: any size (No restrictions)

Aims & Objectives:

- affective: Developing self-confidence in reading skills;
- cognitive: becoming a better reader;
- linguistic: developing reading strategies/ comparing and contrasting texts;
- cultural: eating habits
- educational: exploring nutrition facts/ becoming a more conscious consumer

Step-by-step procedure

- 1) Collect similar labels in English and in Portuguese – a box of tea and a package of instant noodles;
- 2) Explain to students the aims of the lesson and the activities;
- 3) Show the labels in Portuguese to the class and explores them with students. It can be done by using OHT or by giving a copy of the labels to each student or group of students;
- 4) Present the grid to students and explain the task.
 - First, students analyse a label in Portuguese complete the first column of the grid.
- 5) Teacher checks the answers before presents the next activity.
- 6) Show to students the package in English and ask them to fill in the second column of the grid with the information. Complete in English.
- 7) Check the answers
- 8) Compare the type of information available in both packages or labels. In comparing the two columns, teacher promotes a discussion on healthy eating/eating habits.
- 9)
 - * Suggested questions:
 - Which product has a higher percentage of fat?
 - How important is it for your health?
 - Do you eat this kind of product? Or Do you usually drink this type of beverage? If yes, how often?
 - What are the health issues of consuming this product?
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 - **Variations on procedure**
 - *Compare the packages or labels in both languages side by side and based on it, create another package or label in English
 - *Students develop their own products, in groups of four, complete a third column on the grid and create their own product.

- **Evaluation/Assessment of learners**
Students complete a third column on the grid or create a new product.
- **Anticipated problems (& solutions)**
*No OHP – enlarge the picture and paste it on a cardboard and hang it on the board. Or make Xerox copies of the labels and packages.

*Difficulties in finding labels or packages in English – check “pound shops”/ “1,99 shops”, websites.
- **Links for material/ Resources references**
Food pyramid: <http://www.foodfit.com/healthy/FoodPyramid.asp>

Science, Chemistry or Biology books

Grid

Students: _____ and _____

1. Compare the labels or packages you and your partner have and complete the grid below.

Produto/Product		
Nome e endereço do fabricante/ Industry name and address		
Cor/Colour of the label		
Volume		
Peso/Weight		
Ingredientes/Ingredients		
Advertências/Caution		
Slogan		
Instruções/Instructions		
Origem/Origin		
Informações nutricionais / Nutritional information		
Informações adicionais/ Additional information		