

★ Ingredients Game Teacher Instructions

The goal of the ingredients game is to teach students how to read ingredient labels. For this game, give each table an allergen by either writing the allergen (or allergens) each table has on a whiteboard, use a post it, or use the provided templates (there are options for allergens included). Place 3-4 of your printed, cut, and possibly mounted on cardboard or laminated "food products" on each table. Before starting the activity, have students read the "How to Read An Ingredient Label" worksheet. Then, assign students to each table and tell them they have to sort the foods that they could have based on the allergen of the table and cannot have. Set a timer for about 3 minutes and have students read the ingredients and sort food products. Remind students to look out for words that are food products derived from certain allergens and to check the "May Contain" and "Contains" sections. Then, once the timer is up, have students explain and present their products the table can and cannot eat. Then, students can rotate after you as the teacher mix up the food products or the allergens depending on if you have more tables or less tables switching food products in between tables so they are not the same. Students can do this activity with completing the handout included. Rotate 2-3 times and have fun!

All activity handouts and worksheets are included in activities section of the website.