



Name _____

Reading Food Labels

This learning activity aligns and contributes to the achievement with National Health Education Standards 1, 3, and 5 and GEORGIA PERFORMANCE STANDARDS HE6.1, HE6.3, HE6.5, HE7.1, HE7.3 and HE7.5.

DIRECTIONS: Read the information below and then study the food label on the second page. Then, answer the questions and feel free to check the food label if you need to do so.

Food labels provide nutrition information about packaged foods. They list the ingredients, which are the items that make up that food. Usually, the first few ingredients listed make up most of the food. **Additives or Preservatives** are usually chemicals that are added to foods to preserve them or improve the way they look or taste. Vitamins and minerals can also be additives. **Serving size** tells you how much to eat to get the calories and nutrients listed, and can vary from one product to another. **Calories per serving** tells you how much energy you get from the food, and are based on serving size. **Amounts of proteins, fats, carbohydrates, sodium (salt), and fiber** are listed. Additionally, so are some **amounts of vitamins and minerals**. The amount of vitamins and minerals includes those that are added as well as those that occur naturally. Finally, **Percent Daily Values** tells how much of your daily need for that nutrient is met by one serving of this food.

1. Name four types of information found on a food label.

2. What is the serving size?

3. If you ate two servings of this food, how many calories would you get?

4. How many grams of fat are in 1 serving?

5. If you ate all the servings in this product, you would ingest 64 grams of fat. Explain what you think would happen if you did that.

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 40		
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		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
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Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g