

Name _____ Unit _____ Date _____

Reading Labels Activity

(name on food label)

(number of fingers left)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

1) After comparing the different labels of the food items provided in class, which snack food is the most nutritious using the method Label-ease? Identify how many fingers are left standing in each of the foods to find out which is the most nutritious. _____

2) Which snack has the most calories per serving? _____

3) Which snack has the least amount of calories per serving? _____

4) Which snack has the least amount of fiber? _____

5) Which snack has the largest amount of fiber? _____

6) Which snack has the largest percentage of total fat? _____

7) Which snack has the least percentage of total fat? _____

8) Which snack has the least amount of saturated fat? _____

9) Which snack has the largest percentage of sodium? _____

10) Which snack has an abundance of vitamins? _____

11) How will reading labels help you to eat more nutritionally?