

## Reading Food Labels

**Look around the room at the different items brought in. Pick 4 Items, try to pick ones that you consume regularly. Answer the following questions for each item.**

Item Name: \_\_\_\_\_

1. How many servings are in this package: \_\_\_\_\_
2. What is the Total Calories per serving? \_\_\_\_\_ Per package \_\_\_\_\_
3. What is the Total Fat % per serving? \_\_\_\_\_ Per package? \_\_\_\_\_
  - a. Saturated Fat % per serving? \_\_\_\_\_ Per Package? \_\_\_\_\_
  - b. Trans Fat % per serving? \_\_\_\_\_ Per Package? \_\_\_\_\_
4. What is the Total Carbohydrate per serving? \_\_\_\_\_ Per package? \_\_\_\_\_
  - a. Total Fiber per serving \_\_\_\_\_ Per package \_\_\_\_\_
  - b. Total Sugars per serving \_\_\_\_\_ Per package \_\_\_\_\_
5. What is the Total Protein per serving? \_\_\_\_\_ Per package? \_\_\_\_\_
6. What Vitamins are present \_\_\_\_\_
7. Do you think this item should be consumed regularly? Why or why not? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
8. Read the Ingredients List. Is there high fructose corn syrup? What do you think this is used for? \_\_\_\_\_  
 \_\_\_\_\_  
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9. Take a look at the ingredient list. Do you think a product is healthier if it has more ingredients or less? \_\_\_\_\_  
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PHE 8

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