Names: _____

Food Label Dissection

Food Label # 1: _____

Transfer the information from your food label to the label here & answer the questions

Nutrition Facts

Serving Size
Servings

Amount Per Serving

Calories Calories from Fat

% Daily Value*

Total Fat %
Saturated Fat %
Trans Fat
Cholesterol %
Sodium %
Total Carbohydrate %
Dietary Fiber %
Sugars
Protein

Vitamin A • Vitamin C
Calcium • Iron

*Percent Daily Values are based on a 2,000 calorie diet.

1. If you double the serving size, how many calories would you be consuming?

2. If you ate the entire container, how many calories would you have left for the day, based on a 2000 calorie diet?

3. For a 12-year old to burn 53 calories, they have to walk for 17 minutes. How long would you have to walk to burn off 1 serving of this food item?

$17 \times \frac{\text{\# calories in food}}{a} = \frac{\quad}{\quad}$

$\frac{\quad}{a} \div 53 = \frac{\quad}{\text{total min needed to walk to burn off 1 serving}}$

4. Would you consider this food healthy? Why or why not?

5. What are the top 3 ingredients that make up this product?

6. Is the serving size realistic for you? Why or why not?

Names: _____

Food Label Dissection

Food Label # 2: _____

Transfer the information from your food label to the label here & answer the questions

Nutrition Facts

Serving Size
Servings

Amount Per Serving

Calories Calories from Fat

% Daily Value*

Total Fat %
Saturated Fat %
Trans Fat
Cholesterol %
Sodium %
Total Carbohydrate %
Dietary Fiber %
Sugars
Protein

Vitamin A • Vitamin C
Calcium • Iron

*Percent Daily Values are based on a 2,000 calorie diet.

1. If you double the serving size, how many calories would you be consuming?

2. If you ate the entire container, how many calories would you have left for the day, based on a 2000 calorie diet?

3. For a 12-year old to burn 53 calories, they have to walk for 17 minutes. How long would you have to walk to burn off 1 serving of this food item?

$17 \times \frac{\text{\# calories in food}}{a} = \frac{\qquad}{a}$

$\frac{\qquad}{a} \div 53 = \underset{\text{total min needed to walk to burn off 1 serving}}{\qquad}$

4. Would you consider this food healthy? Why or why not?

5. What are the top 3 ingredients that make up this product?

6. Is the serving size realistic for you? Why or why not?