

Names: _____

Understanding Food Label Poster

Directions: Your group will create an enlarged food label and highlight what each part means so the general public understands how to read a food label.

What your poster needs: (check off as you complete to ensure you receive maximum points)

- | | | |
|--------------------------|--|----------|
| <input type="checkbox"/> | Title | _____/10 |
| <input type="checkbox"/> | Enlarged and accurate drawing of a food label | _____/10 |
| <input type="checkbox"/> | Describe what serving size means | _____/10 |
| <input type="checkbox"/> | Describe what servings per container means | _____/10 |
| <input type="checkbox"/> | Describe what calories are | _____/10 |
| <input type="checkbox"/> | Describe how to calculate calories if you double the serving size | _____/10 |
| <input type="checkbox"/> | Highlight areas we want more of in one color and explain why we want more of these | _____/10 |
| <input type="checkbox"/> | Highlight areas we want less of in one color and explain why we want less of these | _____/10 |
| <input type="checkbox"/> | Quick guide to %DV: Include information about % needed to be considered high and low | _____/10 |
| <input type="checkbox"/> | Describe how ingredients are listed | _____/10 |