

Read Before You Eat

Activity 1 Worksheet 4: Food Label Analysis



Name: _____ Date: _____

Copy the information from the Nutrition Facts label on your product to the blank label below and answer the questions.

Name of Food _____

What are the first 3 ingredients listed?

1. _____

2. _____

3. _____

Look at the % Daily Value.

List nutrients that are *high*

List nutrients that are *low*

Is this a healthy food? _____

Why or why not?

Nutrition Facts

servings per container

Serving size _____ **cup (g)**

Amount per serving

Calories

% Daily Value*

Total Fat g %

Saturated Fat g %

Trans Fat g %

Cholesterol mg %

Sodium mg %

Total Carbohydrate g %

Dietary Fiber g %

Total Sugars g %

Includes g Added Sugars %

Protein g

Vitamin D mcg %

Calcium mg %

Iron mg %

Potassium mg %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Activity 1 Worksheet 5: Presentation Outline



Name: _____ Date: _____

Name of Food

Top Ingredients

Food Packaging Claims
(See Worksheet 3 for examples)

Food is a good (10-19% DV) source of:

Food is high (20% or more DV) in:

Food is low (5% or less DV) in:

Is this food OK to eat every day? _____ Why or Why not?

