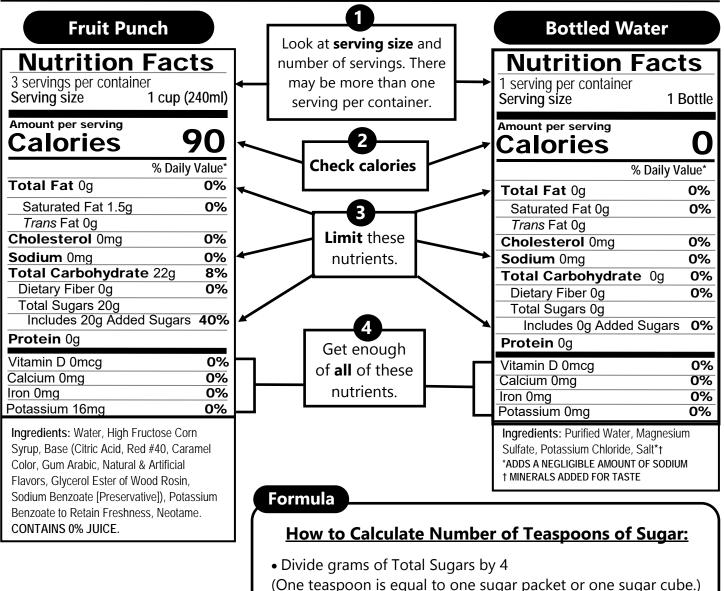
Label Reading (Beverages)



Beverage Label Reading Activity

Use the formula in the box above to answer the following questions:

1. Look at how many grams of Total Sugar are in one serving of Fruit Punch. Divide that number by 4.

How many teaspoons of sugar are in one serving of Fruit Punch?

2. How many packets of sugar are found in one bottle of water?

Using the calorie and serving size information from the labels above, answer the following:

3. If I drink the entire container of Fruit Punch, how many calories would that be?

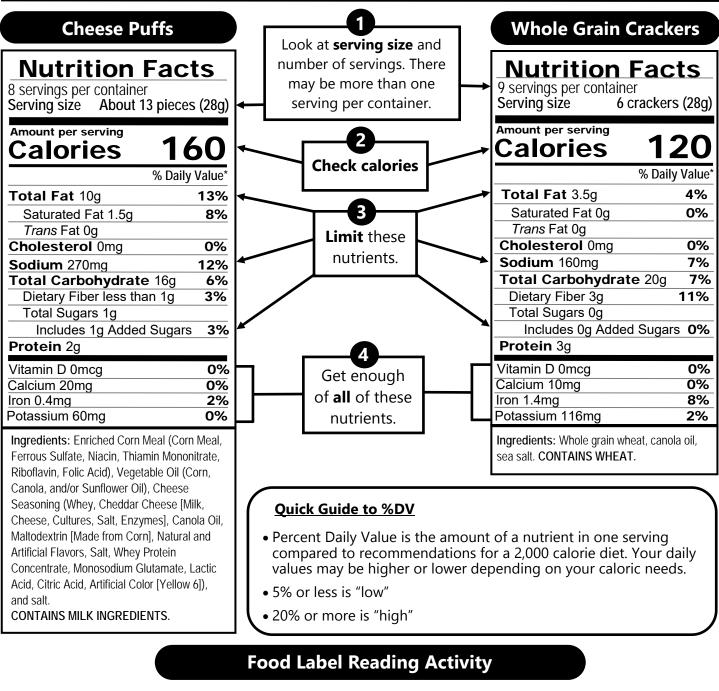
Compare the information on the labels above:

4. Which drink contains more Added Sugars? _

Beverage Answer Key: (1) 5 (2) 0 (3) 270cal (4) Fruit Punch

This institution is an equal opportunity provider and employer.

Label Reading (Food)



Using the calorie and serving size information from the labels above, answer the following:

- 1. If I ate 2 servings of Whole Grain Crackers, how many calories would I have eaten?
- 2. If I ate the whole bag of Cheese Puffs, how many servings would I have eaten?

Using the % Daily Value information from the labels above

- 3. Which food product is "low" in Total Fat? _____
- 4. Which food product is "low" in Sodium?
- 5. Which food product is "low" in Dietary Fiber? _

Food Answer Key: (1) 240cal (2) 8 (3) Whole Grain Crackers (4) Neither (5) Cheese Puffs

Do I want fiber to be high or

low?..