

LABEL READING – ACTIVITY

Name: _____

Hour: _____

Look under Tips on Label Reading and fill in the chart below.....

NUTRIENT	RECOMMENDED	NUTRIENT	RECOMMENDED
FAT		SATURATED FAT	
CARBOHYDRATES		PROTEIN	
CHOLESTEROL			

What is the product? _____

1. What are the first TWO words you see when reading a Label?

2. What is the serving size for this food? _____
3. How many servings are in this container? _____
4. How many CALORIES are listed for the following grams of food?
1 Gram Fat _____ 1 Gram Carbohydrate _____ 1 Gram Protein _____
5. Every FOOD Label is based on how many CALORIES? or “percent daily values”

6. How many calories are in one serving? _____
7. How many calories do you get from fat? _____
8. What are the total fat grams? _____
9. What % (percent) of the calories come from saturated fat?
10. How many MG of sodium does this food have? _____
11. Following the Dietary Guidelines how much sodium should a person consume a day? _____
12. What you consider this high sodium food? Yes or No
Why: _____ Why Not: _____
13. What % of your daily requirements for the following nutrients do you get?
Vitamin A _____ Vitamin C _____
Calcium _____ Iron _____
14. What Nutrient is this food highest in? _____
15. Is this food high in fiber? Yes No How many grams does it have? _____

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