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CHOOSING FOODS BASED ON NUTRITION LABELS

Choose three food items that you think might be healthy and complete the questions and chart below...

1. What three foods did you chose? And why did you think that one would be healthy?

a. _____ Why? _____

b. _____ Why? _____

c. _____ Why? _____

2. BEFORE looking at the Nutrition Label, which one do you think will be the healthiest? WHY????

Fill in the following chart with the information you find on the Nutrition Label for one serving of the food....

FOODS CHOOSEN	Calories	Fat	Protein	Carbohydrates	Mineral – which one?	Vitamin – which one?

3. Which one had the lowest amount of calories for one serving?

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4. Which one had the least amount of fat in a serving?

5. Which one had the most protein in a serving?

6. Which one had the highest % of Daily Value (DV) of vitamins and minerals?

7. Which one do you think was ultimately the most healthy food item to eat?

8. Why did you choose this item (based on what we read about reading Nutrition Labels)

9. Were you right in your choice in #2? _____

10. If you answered "yes", why do you think you were right? If you answered "no", what made you change your mind?