

Assignment 3-Nutrition Label Assignment

Description: The objective is for parents to know how to interpret nutritious food labels and focus more on foods for their nutrients to determine how much of each type of food to eat and in what quantity each day.

Directions: Pick one of your favorite foods, find the nutrition facts label, and answer the following questions. Once you have completed the questions, carefully cut the label out and attach it to this page. Please note: you will not be graded on the food you select however, you will be graded on turning in your assignment, which is worth 50 points.

1. What is your product name?
2. In what section(s) of the food guide pyramid is your product found?
3. What is the net weight of your product? (This is the total for the entire product. Be sure to label with units of measurement!)
4. Who manufactured, packed, or distributed the food? Where is the company located?
5. What ingredients are in the food? (List from LARGEST to SMALLEST amount by weight.)
6. What is the serving size?

7. How many servings are in the **ENTIRE PACKAGE**?

8. How many calories are in **EACH SERVING**?

9. How many calories are in the **ENTIRE PACKAGE**? (Total # of servings multiplied by the # of calories in each serving)

10. How many grams of fat are in **ONE SERVING** of this food? Saturated fat? Cholesterol? Sodium? Total carbohydrate? Dietary fiber? Sugars? Protein?

Fat:	Saturated Fat:
Cholesterol:	Sodium:
Total carbohydrate:	Dietary fiber:
Sugars:	Protein:

*****ATTACH THE NUTRITION LABEL BELOW.*****