**Unit 2 Nutrition: Lesson 2, Understanding Food Labels  
Type of Work**: Pair **Product:** Doc **Class Time:** 1 Period **EOC**: Embedded Doc

**Teacher**: Ms. Sarina Promthong **Due:** Within the period

**NAMES: Prim, Mew Class, Group: 10-01 My LEVEL: 3**

**Directions:** Grab an item at at home or grocery store. Try to get an item that you may typically eat. Try not to get a drink or supplement as these won’t work for this activity.   
Answer the following questions in order stopping based on your level attempted. **Embed Google Doc into ePortfolio when Done**



**What is Your FOOD LABEL/PRODUCT:**

**1.** **What is a serving (Number of ounces, number of chips etc.,) ? 50g.**

**2.** **How many total servings are in your product?** (If you were to eat the whole package how many servings would you have had)? **2 servings.**

**3.** **How many servings do you think you would have if you had this product? I think I would have 2 servings.**

**4.** **How many calories are in one serving? 140 cal. Is this high or low for what you are eating? I think it has a moderate calories Why? Because if we compare to the quantity of food and its calorie. I think it’s not so much.**

**5.** **Do think this product is good for you? Why? I thinks the product is not good for me because it contains lots of sugar and fats.**

**6.** **What is the % DV of Vitamin A 0% C 0% Calcium 0% Iron less than 2% in your product?**

**7.** **How many total calories are from fat? 50 What % of DV of fat? 9%**

**8.** **How many grams of total carbohydrates: 20g. What is the %DV Carbs: 7%**

**9.**  **What 2 items have a Low % DV ( <5%)? What 2 items have a HIGH % DV? (>20%)  
Low= Vitamin A, Vitamin C High= It doesn’t have any high% DV**

**10.** **What % of the calories from one serving are from fat?** (HINT: Divide total calories from fat by total calories from product): **28%**

**11.** **Are there any sugars in the ingredients listing (Name all)? Sugar**

**12.** **So would your product be classified as nutrient dense, empty calories or neither? \_\_\_\_\_**

**Explain why: I think it’s neither because this product is not nutrient dense and empty in calories.**

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| --- | --- | --- |
| **Think of a healthier alternative for this product**  **Eat just a few pieces of it and exercise more.**  **Snip the label and place it to the right You can shrink it down.** | **Place Label Below Here**    S__36126784.jpg | **Describe the product and why it is healthier.**  **My product is butter waffles. It contains high carb, sugars, fats so,I suggest to eat just a few pieces.** |