

What's the Whole Story?

Each group has been given a food product to study. In your groups, complete the following steps.

- **Step 1:** Look at the front of the food package. Count all the claims you see on the package. (Icons or symbols can also count.) Record the number of claims and the type of claims on your worksheet.
- **Step 2:** Look at the Nutrition Facts label. Write down the following information on your worksheet: Number of servings; Calories; Saturated fat; Sodium; Dietary fiber; and Sugars. If your label has total and added sugars, write down both numbers.
- **Step 3:** Read the ingredients list. What are the first three ingredients? How many different sugars are in the product?
- **Step 4:** Put it all together. Based on the front-of-package labeling, the nutrients in the Nutrition Facts, and the ingredients, explain whether you think this food is a good choice or not.

Front of package labeling – claims or symbols:

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Nutrition Facts:	
Number of servings	_____
Calories	_____
Saturated fat	_____
Sodium	_____
Dietary fiber	_____
Total sugars	_____
Added sugars	_____

Ingredients list:	
1 st Ingredient	_____
2 nd Ingredient	_____
3 rd Ingredient	_____
How many different kinds of sugars did you find?	_____

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