Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

“Food Labels”

http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=207&cat\_id=20132&article\_set=20464#cat20754

This worksheet is to be use in conjunction with the Library

reading of “Food Labels” which can be located on the

Seneca Library Website

Please read the article and respond to the following questions:

1. Whys should a person eats lots of different foods all through out the day?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. According to the article, when would it be OK for you to eat a sugary cereal in the morning for breakfast?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. Reading labels can help prepare you to make “trade offs” as you choose your foods for the rest of the day. What is meant by the previous sentence? (check the reading)

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4. **Who** decides what type of information must be included on ALL food labels? (It’s in the reading)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. If all food labels are ***standardized,*** how does that help ***YOU***, the consumer? (Refer to the article!!) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. “Food claims” are strictly regulated. A manufacturer cannot make a claim about food content unless it is **true**. The FDA and the USDA also dictate very strict government definitions about food. For example, What must a food possess if it is labeled “USDA organic”?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7. How can you make food labels work for you? You may have to look at one ingredient in particular. For example, if you are diabetic you may have to look at ***sugar*** content very closely.

Or may be you are on a special diet to lose weight, so you may want to know how many ***calories*** are in the product.

Now briefly speed-read the rest of the article, and take notice of other *particular ingredients* a person may need to know about before ingesting a food item? (List at least 7 ingredients)

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8. You were supposed to bring in a food label from ***your favorite*** snacking food. Using that food label answer the following questions. (IF you did NOT bring a label with you today, ***ask*** your teacher for a label to use)

What is the name of your food item?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many **servings** are in the bag?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the individual serving size?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many calories are in ONE serving size?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***If*** there is **MORE** than one serving in the bag and you ate the whole bag, how many calories would that be?\_\_\_\_\_\_\_\_\_\_\_cal

(HINT: You have to multiply cal/p/serving **times** the # of servings in the bag!!!)

What if you were on a low sodium (salt) diet (1800 mg/per/day total), how many mg of sodium are in a serving?\_\_\_\_\_\_\_\_\_\_\_

That amount is what percentage of your daily allowance?\_\_\_\_\_\_\_\_\_\_(divide)

Is the snack worth it to you?\_\_\_\_\_

Is this snack nutritious?\_\_\_\_\_\_ Defend your answer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_