

## Nutrition Label Percentages Group Activity

Answer the following questions according to your group's nutrition label. You may wish to divide questions 1 through 12 amongst your group members (Member 1 answers "A" questions, Member 2 answers "B" questions, etc.). **Questions 13 through 16 must be discussed as a group.**

### 'A' Questions

1. How many grams of carbohydrates are there in this product?
2. How many milligrams of vitamin C are there in this product?
3. How many grams of sugar are in this product?

### 'B' Questions

4. How many milligrams of sodium are there in this product?
5. What is the % daily value of fiber in this product?
6. How many grams of protein are in this product?

### 'C' Questions

7. What is the % daily value of saturated fat in this product?
8. How many milligrams of calcium in this product?
9. How many calories per serving in this product?

### 'D' Questions

10. What is the % daily value of fat in this product?
11. How many RE of vitamin A in this product?
12. How many milligrams of iron are in this product?

### Group Questions

13. What nutrients is this product high in?
14. What nutrients is this product low in?
15. Is this a healthy food item? Why or why not?
16. What does your group think this food item is?