

## Nutrition Label Ratios Group Activity

Answer the following questions according to the two food labels your group has been given. You may wish to divide questions 1 through 9 amongst your group members (Member 1 answers “A” questions, Member 2 answers “B” questions, etc.). **Question 10 must be discussed as a group.**

### ‘A’ Questions

1. How many calories are from protein in Product A and Product B?
2. What % of calories are from protein in Product A and Product B?
3. What is the ratio of sugar to calories in Product A and Product B?

### ‘B’ Questions

4. How many calories are from carbohydrates in Product A and Product B?
5. What % of calories are from carbohydrates in Product A and Product B?
6. What is the ratio of sodium to calories in Product A and Product B?

### ‘C’ Questions

7. How many calories are from fat in Product A and Product B?
8. What % of calories are from fat in Product A and Product B?
9. What is the ratio of fiber to sugar in Product A and Product B?

### Group Question:

10. Which food product is the healthier choice? Why?