Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_

Food Label Comparison

|  |  |  |
| --- | --- | --- |
| **Comparison** | **Label 1** | **Label 2** |
| What is the name of the product? |  |  |
| How much is a serving size? |  |  |
| How many calories per serving? |  |  |
| How many total grams of fat per serving? |  |  |
| How many calories from fat? |  |  |
| How many milligrams of sodium are in each serving? |  |  |
| How many grams of protein? |  |  |
| How many grams of fiber are in each serving? |  |  |
| What percent daily value of Vitamin C in each serving? |  |  |
| What percent daily value of calcium in each serving? |  |  |
| Is there any cholesterol? If so, how much? |  |  |
| List the first 3 ingredients of the product |  |  |

1. Which food is healthier? Explain why.

2. Why would someone compare two food labels?

3. Why is it important to read the entire label?

**Fast Food Menus**: Can I Take Your Order?

**Directions**: Find a fast food menu of a place you enjoy. Think about a typical meal you might get and record its nutritional information below.

1. Name of fast food restaurant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List each item off the menu and record the information into the appropriate boxes. After, add up each column for a total amount in each of the categories.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Your order…all things you would get to eat.** | **Grams of Fat=X** | **Total Calories in each item=Y** | **Calories from Fat=**  ***9X/Y*** | **Sodium (mg)** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Total Amount |  |  |  |  |

1. What was the percentage of fat for this meal? Was your meal within the healthy range for fat or unhealthy range?

***(9X/Y)100***

1. What changes you could make to this meal to make it healthier? List some different options from the same restaurant you could make.

***\*average daily fat intake is 30% or less\****