

Name _____ Date _____

PRODUCT INFO	NUTRITIONAL INFO	WHERE TO BUY																								
Nutrition Facts Serving Size: 5 PIECES (90g) Servings Per Container: About 4																										
Amount Per Serving Calories 270 Calories from Fat 160																										
<table><thead><tr><th></th><th>% Daily Value*</th></tr></thead><tbody><tr><td>Total Fat 17g</td><td>26%</td></tr><tr><td> Saturated Fat 4g</td><td>20%</td></tr><tr><td> Trans Fat 0g</td><td></td></tr><tr><td> Polyunsaturated Fat 6g</td><td></td></tr><tr><td> Monounsaturated Fat 6g</td><td></td></tr><tr><td>Cholesterol 40mg</td><td>13%</td></tr><tr><td>Sodium 470mg</td><td>20%</td></tr><tr><td>Total Carbohydrate 15g</td><td>5%</td></tr><tr><td> Dietary Fiber 0g</td><td>0%</td></tr><tr><td> Sugars 0g</td><td></td></tr><tr><td>Protein 14g</td><td>28%</td></tr></tbody></table>				% Daily Value*	Total Fat 17g	26%	Saturated Fat 4g	20%	Trans Fat 0g		Polyunsaturated Fat 6g		Monounsaturated Fat 6g		Cholesterol 40mg	13%	Sodium 470mg	20%	Total Carbohydrate 15g	5%	Dietary Fiber 0g	0%	Sugars 0g		Protein 14g	28%
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Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%																										
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.																										
INGREDIENTS: Chicken, water, salt, and natural flavor. BREADED WITH: Wheat flour, water, wheat starch, white whole wheat flour, salt, yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.																										
CONTAINS wheat																										



1. What is the serving size for this food? _____
2. How many servings per container? _____
3. About how many pieces are there in the entire container? _____
4. How many calories are there per serving? _____
5. If you eat 10 pieces of this Tyson chicken, how many calories will you consume? _____
6. If you ate the entire container, how many calories will you consume? _____
7. If you eat one serving, how many of those calories come in the form of fat? _____
8. If you eat one serving, how many grams (g) of saturated (bad) fat will you consume?

9. What % daily value of saturated fat will you consume if you eat one serving?

10. If you eat 10 pieces of this Tyson chicken, what % daily value saturated fat will you consume?

11. What % daily value of protein will you consume if you eat one serving? _____
12. If you eat 10 pieces of this Tyson chicken, what % daily value of protein will you consume?

13. What is the MOST used ingredient in this product? _____
14. Which ingredient is there more of in this product: brown sugar or wheat flour?
