

Limited Edition Cereal Worksheet

1. What do you think this cereal tastes like?



Sugar Cookies

pizza

pancakes

Use this nutrition facts label to answer the following questions.

Nutrition Facts		
Serving Size ¼ cup (31g)		
Servings Per Container about 11		
Amount Per Serving	Sugar Cookie Toast Crunch	with ½ cup skim milk
Calories	130	170
Calories from Fat	30	30
	% Daily Value**	
Total Fat 3g*	5%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 2g		
Cholesterol 0mg	0%	1%
Sodium 180mg	7%	10%
Potassium 55mg	2%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	8%	8%
Sugars 9g		
Other Carbohydrate 14g		
Protein 1g		

2. How many calories are in 1 serving?

140

130

150

3. How many grams of sugar?

33 grams

12 grams

9 grams