

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

Date: \_\_\_\_\_



## Smart Shopping Comparison

You are a smart shopper! Analyze the nutrition labels of the two different snacks below. Then, use evidence (facts) and your own views (opinions) to write a healthy recommendation.

Nutrient	Snack A: Super Choco-Crunch	Snack B: Nutty Oat Power Bite
Calories	250	180
Total Fat	12g	6g
Sugar	22g	4g
Protein	2g	8g
Fiber	1g	5g

1. List two **objective facts** about the Super Choco-Crunch bar using the word *contains*.

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2. List two **objective facts** about the Nutty Oat Power Bite.

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3. Write two **personal opinions** about how you think these snacks might taste. Use adjectives like *delicious, gross, sweet, or bitter*.

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4. Which snack is the healthier choice for a balanced diet? Write a short recommendation using at least **one fact** and **one opinion** to support your answer.

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