NAME:_____ CLASS:_____ DATE:_____

Let's Get **Food**ucated!

Product:



Ingredient List:

SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), HIGH OLEIC CANOLA AND/OR PALM OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, VANILLIN--AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY.

Nutrition Grade

Nutrition Facts:

Serving Size 3 cookies (34g)
Serving Per Container 15

Amount Per Serving	
Calories 160	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 1g	**2%**
Calcium 2% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. How many cookies are in a serving? _____

2. How many servings are in a package? _____

3. How many cookies are in a package? _____

4. How many cookies do you have for a snack? _____

5. What's the first ingredient listed in the ingredient list? _____

6. How many grams of sugar per serving? _____

7. How many teaspoons of sugar per serving? (HINT: there are 4 grams of sugar per teaspoon) _____

8. Approximately how many teaspoons of sugar are in each cookie? _____

9. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

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