Name: _____

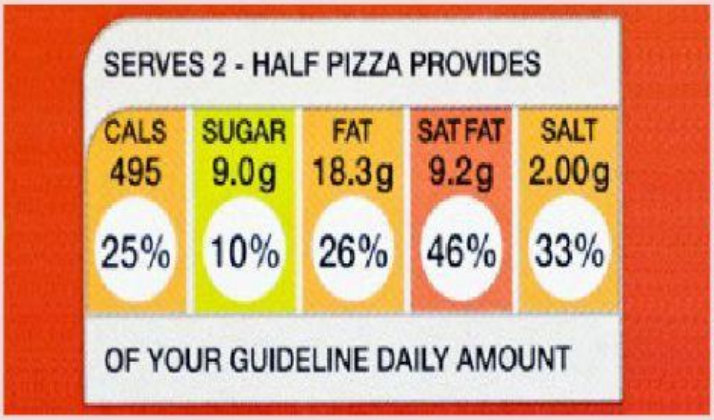
Food labels



How many calories are in this meal?

How much fat is in this meal?

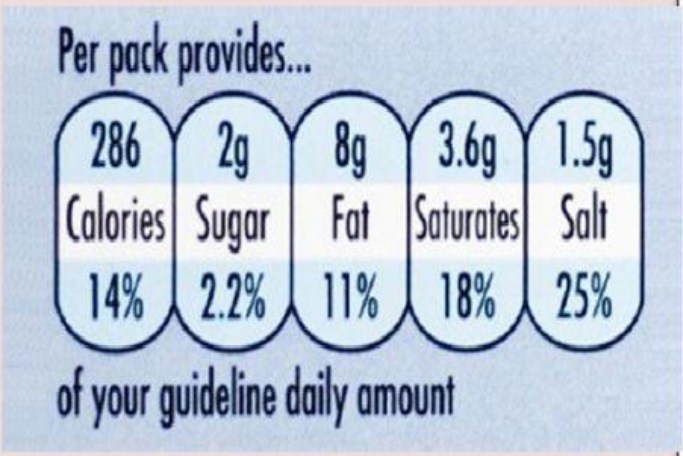
How much saturated fat is in this meal?



How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?

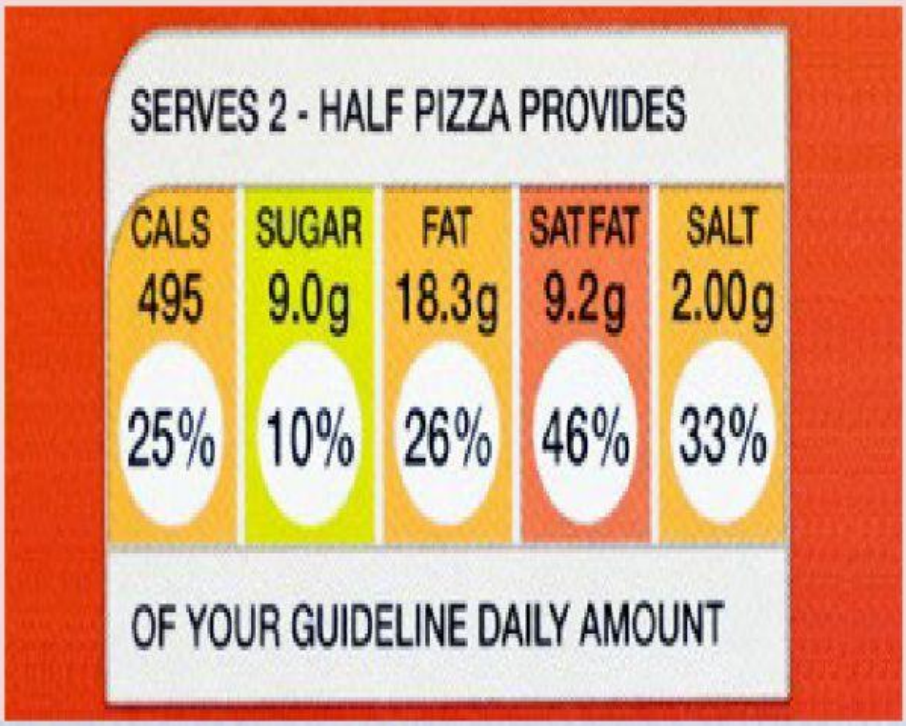


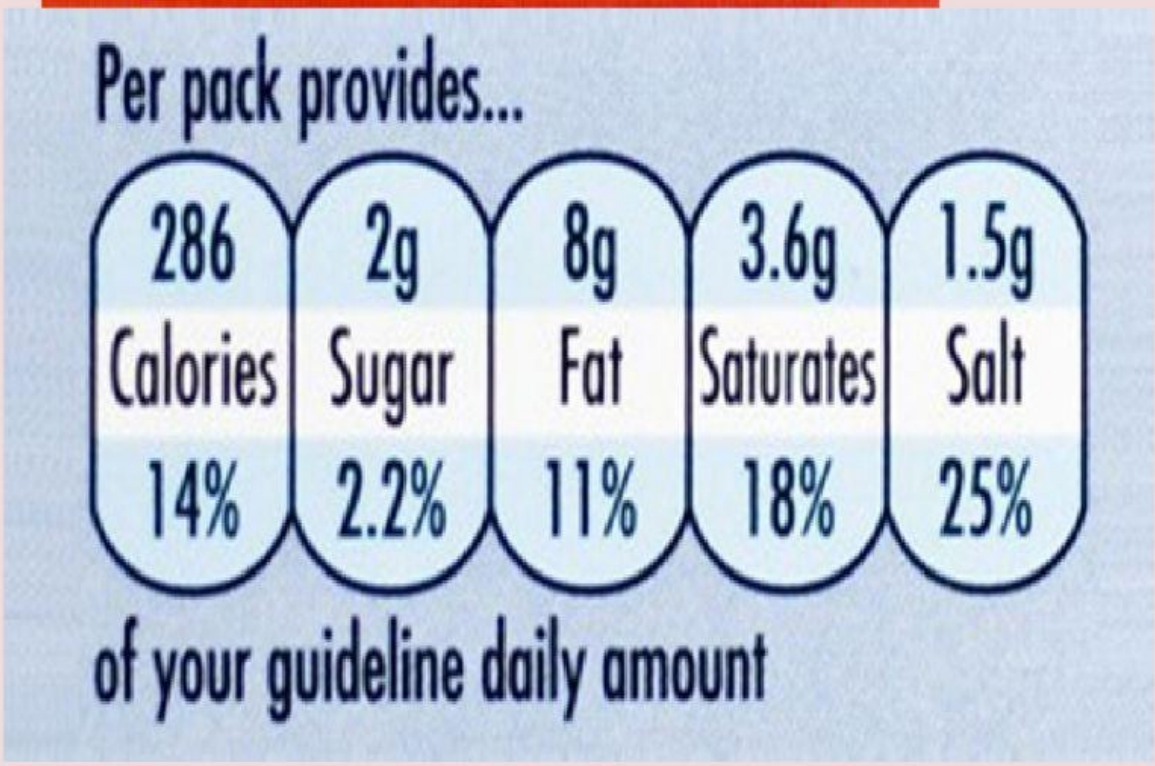
How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?

LIVEWORKSHEETS





Which of these meals has **more** calories?
Which of these meals has **less** sugar?
Which of these meals has **more** saturated fat?
Which of these meals has **less** salt?
Which of these meals do you think is **healthier**?

LIVEWORKSHEETS