

Reading Nutrition Labels: How many parts are there to a nutrition label? Watch the video one time and answer these first 5 questions:



1. What is this section called? ←
2. What is this section called? ←
3. What is this section called? ←
4. What is this section called? ←
5. What is this section called? ←

Watch the video a second or third time and answer the remaining questions:

6. What are calories?
7. What is the difference between serving size on the label and the serving size most people have?
8. What is added to the serving size of "Lucky Charms" Cereal?
9. How many calories are there in a serving size?
10. How many calories are there in a full bowl?
11. What are two examples of macro-nutrients?
12. What do macro nutrients provide for your body?
13. Which nutrients do people typically over-consume?

14. Which nutrients do people typically under-consume?

At 3:18, listen and fill in the missing blanks: I'll say this for a _____ time – only because it's _____ important. Every person's _____ _____ are _____. An _____, a _____ or someone who leads a very sedentary lifestyle. All of these people will have different _____.