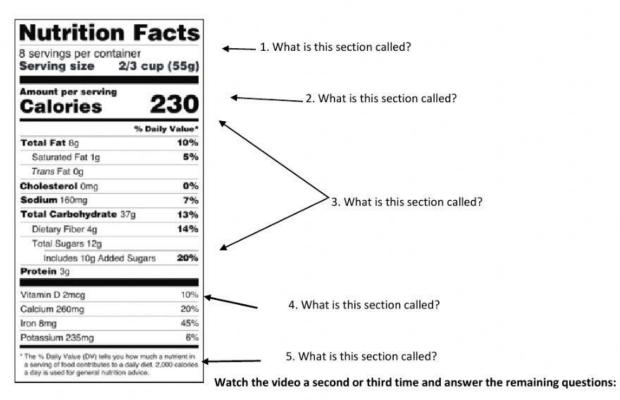
Reading Nutrition Labels: How many parts are there to a nutrition label? Watch the video one time and answer these first 5 questions:



- 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?

only because it's	important. Every person's		
	are	An	, a
	or someone	who leads a very sedentary life:	style. All of these
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