

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

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

← 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 _____.