

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_

## Let's Get Fooducated!

### 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	Calories from Fat	% Daily Values*
160	60	
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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