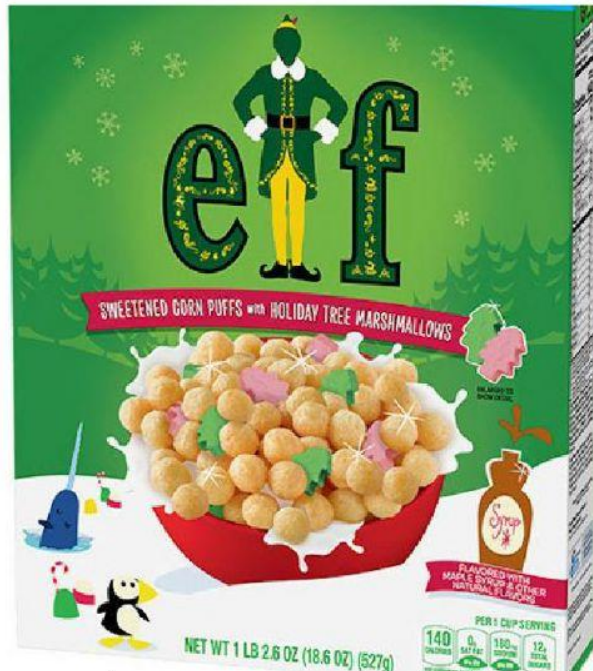


Elf Cereal Worksheet

1. What flavor are the marshmallows in this cereal?



peppermint

chocolate

maple syrup

Use this nutrition facts label to answer the following questions.

Nutrition Facts		
About 8 servings per container		
Serving size 1 cup (37g)		
Buddy the Elf Cereal		
Calories 140		with 1/2 cup skim milk 180
	% DV**	% DV**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 180mg	8%	10%
Total Carbohydrate 32g	12%	14%
Dietary Fiber 1g	5%	5%
Total Sugars 12g		
Incl. Added Sugars 12g	24%	24%
Protein 2g		

2. How many calories are in 1 serving?

140

175

150

3. How much total fat is in 1 serving?

1 gram

0 grams

1.5 grams

4. How many grams of sugar?

33 grams

12 grams

1 gram