

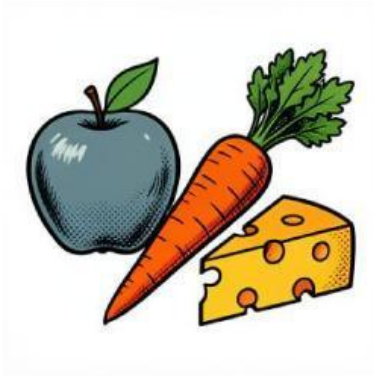
Name: _____

Date: _____

Nutrition Labels: Knowledge Check

1. Nutrient Match-Up 🧩

Match each nutrient to its job in the body. Write the correct letter in the box.



- a) An unhealthy fat often found in processed snacks that harms the heart.
- b) The building block your body uses to grow muscle.
- c) A 'good' nutrient that helps with healthy digestion.
- d) Causes energy crashes; you should limit this.

Nutrient	Matching Letter
1. Fiber	
2. Protein	
3. Trans Fat	
4. Added Sugars	

2. The Serving Size Trap 🧑



Always start at the top! Check the *Serving Size* and *Servings Per Container* before you look at the calories.

Nutrition Facts	
 Serving Size	1 cup
 Servings Per Container	3
Calories	150

5. Look at the label. How many calories are in **one** serving?

6. If you eat the **entire container** of this food, how many calories will you consume? Show your math.

3. Quick Quiz: Nutrition Knowledge

Circle the correct answer for each question.

7. What is the best definition of a calorie?

- a) An unhealthy fat b) A unit of energy or fuel c) A type of vitamin d) A harmful sugar

8. Which pair of nutrients should you try to **limit** to protect your heart?

- a) Protein & Fiber b) Vitamins & Minerals c) Trans Fat & Saturated Fat d) Fiber & Sodium

9. The %DV (Daily Value) shows if a food is high or low in a nutrient. What percentages represent 'low' and 'high'?

- a) 1% is low, 10% is high b) 5% is low, 20% is high c) 10% is low, 50% is high d) 2% is low, 8% is high

4. Making Healthy Choices

Use what you know about comparing foods to answer the questions below.

10. A friend tells you, *'The only way to lose weight is to stop eating all calories!'* Explain why your friend is incorrect. Use the word **energy** in your answer.

11. You are choosing between two boxes of crackers. Cracker A has 3g of fiber and 150mg of sodium. Cracker B has 0g of fiber and 350mg of sodium. Based on these numbers, which cracker is the healthier choice and why?

Answer Key

1. Nutrient Match-Up

1: c, 2: b, 3: a, 4: d

2. The Serving Size Trap

Answer:

150 calories

Answer:

$150 \times 3 = 450$ calories

3. Quick Quiz: Nutrition Knowledge

- b) A unit of energy or fuel
- c) Trans Fat & Saturated Fat
- b) 5% is low, 20% is high

4. Making Healthy Choices

Answer:

Your body needs calories to provide energy for basic functions like breathing, moving, and staying alive. You shouldn't stop eating all calories; you just need to eat fewer calories than your body burns.

Answer:

Cracker A is the healthier choice. It has more fiber, which is a 'good' nutrient that aids digestion, and it has less sodium, which is a nutrient we should limit to protect blood pressure.