

Lesson 1 ♥ Food Fights - Nutrition Facts label pair 1

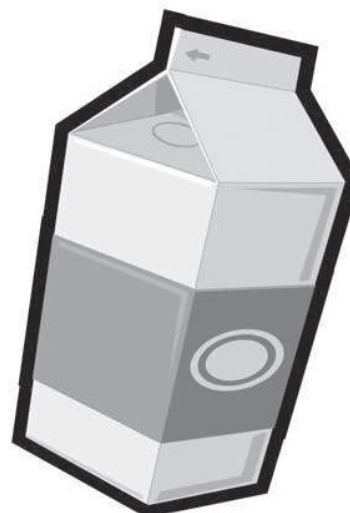


Food Fight!

Regular Chocolate Milk vs. Skim

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240ml)
Amount Per Serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 8	10%
9 Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 29g	11%
Dietary Fiber; less than 1g 2%	
Total Sugars 28g	
Includes 18g Added Sugars 36%	
Protein 8g	16%
Vitamin D 6mcg	15%
Calcium 240 mg	20%
Iron mg	0%
Potassium 430mg	10%
<small>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.</small>	

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240ml)
Amount Per Serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 135mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 0g 0%	
Total Sugars 12g	
Includes 0g Added Sugars 0%	
Protein 8g	16%
Vitamin D 4.5mcg	25%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 430mg	10%
<small>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.</small>	



Lesson 1 ♥ Food Fights - Worksheet 1



Name: _____ Date: _____ Pd: _____

Answer the following questions using the information in the Nutrition Facts labels.

1. There are 8 fluid ounces (fl. oz.) in 1 cup. Fill in the table below for each 8-fl.-oz. (1-cup) serving of milk.

	Regular Whole Chocolate Milk	Skim
Serving size		
Calories		
Saturated fat		
Added Sugars		
Calcium		

2. Considering which nutrients you would want to increase in your diet and which nutrients you would want to decrease, which milk would be the better choice?

3. How many more calories are in an 8-fl.-oz. serving of the regular whole chocolate milk than in an 8-fl.-oz. serving of the skim milk?

4. A) If you drank 4 (8-fl.-oz.) glasses of the regular whole chocolate milk, which **nutrient** would be nearest to 100% of its daily value? _____

B) Is this a nutrient you want to **limit** in your diet or make sure you **consume enough of**?

5. A) If you drank 4 (8-fl.-oz.) glasses of the skim milk, which **nutrient** would be nearest to 100% of its daily value?

B) Is this a nutrient you want to **limit** in your diet or make sure you **consume enough of**?

6. Do you think the regular whole chocolate milk is a GO, SLOW, or WHOA food? Why?

7. Do you think the skim milk is a GO, SLOW, or WHOA food? Why?



Food Fight!

100% Orange Juice vs. Orange-Flavored Fruit Drink

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240ml)
<hr/>	
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 496mg	10%
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.	

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240ml)
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Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 188mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 27g	
Includes 16.2g Added Sugars	32%
Protein 0g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Phosphorus 0mg	0%
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.	



Lesson 1 ♥ Food Fights - Worksheet 2



Name: _____ Date: _____ Pd: _____

Answer the following questions using the information in the Nutrition Facts labels.

1. Fill in the table below for each serving of the drink.

	100% Orange Juice	Orange-Flavored Fruit Drink
Serving size		
Calories		
Added Sugars		

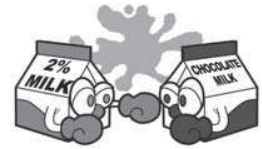
2. All of the sugar in the 100% orange juice is natural. Most of the sugar in the fruit drink is added (sugar and high fructose corn syrup). How many teaspoons of sugar are in 16 fluid ounces (fl. oz.) of the fruit drink? (Each teaspoon is 4 grams of sugar.) Show your work.

3. If you and 5 friends equally share the entire bottle of the fruit drink, how many calories would each of you consume? Show your work.

4. What percent of 100% orange juice is actually fruit juice? What percent of the fruit drink is actually fruit juice?

5. Do you think the 100% orange juice is a GO, SLOW, or WHOA food? Why?

6. Do you think the fruit drink is a GO, SLOW, or WHOA food? Why?



Food Fight!

Toasted Oat O's Cereal vs. Fruit-Flavored O's Cereal

Nutrition Facts	
1 servings per container	
Serving size	1 cup (128g)
Amount Per Serving	
Calories	103
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 3g	
Vitamin D 1mcg	10%
Calcium 100mg	11%
Iron 8.1mg	49%
Potassium 0mg	0%
<p>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.</p>	

Nutrition Facts	
1 servings per container	
Serving size	1 cup (128g)
Amount Per Serving	
Calories	118
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 144mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 13g Added Sugars	26%
Protein 1g	2%
Vitamin D 1mcg	5%
Calcium 100mg	8%
Iron 4.5mg	25%
Potassium 180mg	4%
<p>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.</p>	



Lesson 1 ♥ Food Fights - Worksheet 3



Name: _____ Date: _____ Pd: _____

Answer the following questions using the information in the Nutrition Facts labels.

1. Fill in the table below for each serving of the cereal.

	Toasted Oat O's Cereal	Fruit-Flavored O's Cereal
Serving size		
Calories		
Saturated fat		
Added Sugars		
Fiber		

2. What is the first ingredient listed for the toasted oat O's cereal? For the fruit-flavored O's cereal?

3. If you ate 2 servings of each cereal, how many calories would you consume of the toasted oat O's cereal? Of the fruit-flavored O's cereal? Show your work.

4. If you ate 2 servings of each cereal, what percent daily value for fiber would you consume of the toasted oat O's cereal? Of the fruit-flavored O's cereal? Show your work.

5. Do you think the toasted oat O's cereal is a GO, SLOW, or WHOA food? Why?

6. Do you think the fruit-flavored O's cereal is a GO, SLOW, or WHOA food? Why?



Food Fight!

Turkey Pepperoni Pizza vs. Regular Pepperoni Pizza

Nutrition Facts	
1 servings per container	
Serving size	1 slice (4.7oz)
Amount Per Serving	
Calories	280
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 600mg	26%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 3.6mg	25%
Potassium 450mg	10%
<small>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.</small>	

Nutrition Facts	
1 servings per container	
Serving size	1 slice (154g)
Amount Per Serving	
Calories	420
<small>% Daily Value*</small>	
Total Fat 22g	28%
Saturated Fat 10g	50%
Trans Fat 1.5g	
Cholesterol 34mg	11%
Sodium 1240mg	54%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 2.5g Added Sugars	5%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 2.8mg	16%
Potassium 450mg	10%
<small>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.</small>	



Lesson 1 ♥ Food Fights - Worksheet 4



Name: _____ Date: _____ Pd: _____

Answer the following questions using the information in the Nutrition Facts labels.

1. Fill in the table below for each serving of the pizza.

	Turkey Pepperoni Pizza	Regular Pepperoni Pizza
Serving size		
Calories		
Saturated fat		
<i>Trans</i> fat		
Fiber		

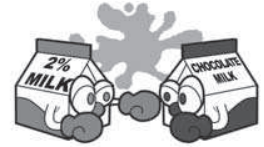
2. Which type of pizza contains more of the unhealthy solid fat called *trans* fat?

3. Which pizza is made with whole-wheat crust, and how many grams of fiber are in each slice of that pizza?

4. If you ate 2 slices of the regular pepperoni pizza, how much of the percent daily value for saturated fat would you consume? Show your work.

5. Do you think the turkey pepperoni pizza is a GO, SLOW, or WHOA food? Why?

6. Do you think the regular pepperoni pizza is a GO, SLOW, or WHOA food? Why?



Food Fight!

Fresh Peach vs. Peaches Canned in Heavy Syrup

Nutrition Facts	
1 servings per container	
Serving size	1 med (150g)
Amount Per Serving	
Calories	59
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	<1%
Potassium 285mg	6%
Iron 0.38mg	2%
<p>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.</p>	

Nutrition Facts	
1 servings per container	
Serving size	1 cup (262g)
Amount Per Serving	
Calories	194
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	<1%
Total Carbohydrate 52g	19%
Dietary Fiber 3g	11%
Total Sugars 49g	
Includes 36g Added Sugars	72%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	<1%
Potassium 241mg	5%
Iron 0.71mg	4%
<p>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.</p>	



Lesson 1 ♥ Food Fights - Worksheet 5



Name: _____ Date: _____ Pd: _____

Answer the following questions using the information in the Nutrition Facts labels.

1. Fill in the table below for each serving of the fruit.

	Fresh Peach	Peaches Canned in Heavy Syrup
Serving size		
Calories		
Saturated fat		
Added Sugars		
Fiber		

2. List the added sugars in the ingredients list of the peaches canned in heavy syrup.

3. If you ate 1 serving of each fruit, how many teaspoons of total sugars would you consume for the peach? For the peaches canned in heavy syrup? (Each teaspoon is 4 grams of sugar.) Show your work.

4. A) How many calories are in 1 serving of the peach? _____

B) How many calories are in 1 serving of the peaches canned in heavy syrup? _____

C) Why do the peaches canned in heavy syrup have more calories?

5. Do you think the peach is a GO, SLOW, or WHOA food? Why?

6. Do you think the peaches canned in heavy syrup are a GO, SLOW, or WHOA food? Why?
