**Food Studies 8 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_ Unit #: \_\_\_\_\_\_**

**Label Reading and Taste Testing Cracker Comparison**

**Step 1:** Taste the crackers from the two different varieties and try to figure out which cracker is which.

 Circle one letter under each cracker with your guess in the chart below.

**Step 2:** Record the actual answer in the chart below and compare with your guess. How did you do?

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**Step 3:** Read the Nutrition Facts Table on each box of crackers and fill in the rest of the chart below.

**Step 4:** Read over your completed chart. Determine which cracker(s) contain the highest amount of

 Fat, Saturated Fat, Sodium, Fibre, Sugars, and Protein. Circle/highlight your findings.

|  |  |
| --- | --- |
|  | **C R A C K E R S** |
| **Premium Plus**Salted Tops | **Premium Plus**Unsalted Tops | **Premium Plus** Whole Wheat |  | **Wheat Thins** Original | **Wheat Thins** 37% less fat | **Wheat Thins** Multigrain  |
| **Your guess** | **A B C** | **A B C** | **A B C** | **D E F** | **D E F** | **D E F** |
| **Actual** | **A B C** | **A B C** | **A B C** | **D E F** | **D E F** | **D E F** |
| **Serving Size****(g)****# of crackers** |  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Fat (g)** |  |  |  |  |  |  |
| **Saturated Fat (g)** |  |  |  |  |  |  |
| **Sodium (mg)** |  |  |  |  |  |  |
| **Fibre (g)** |  |  |  |  |  |  |
| **Sugars (g)** |  |  |  |  |  |  |
| **Protein (g)** |  |  |  |  |  |  |

**In Summary:**

* When choosing what foods to buy and eat read the Nutrition Facts table to help inform your decision. This is especially helpful when making a decision between similar types of food.
* Remember to choose products that contain less: fat in general , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more often.

Dec. 2013

**Reading a Food Label**

1. All of the information in the ***Nutrition Facts*** table is based on a specified amount of food (serving size) – always compare it to the amount you eat.

**A**

**C**

1. The ***Nutrition Facts*** table lists the **Calories** (energy) and **13 core nutrients** in the food. Additional nutrients may be listed on some labels.
2. The **% Daily Value** tells you if there is a lot or a little of a nutrient in the specified amount of food. A value of 15% or more is considered “a lot” while a value of 5% or less is considered “a little.” The **% Daily Value** is based on Health Canada’s recommendations for a healthy diet.

**B**

**D**

1. These numbers (#g or grams) give the quantity of each nutrient in the specified amount of food. The quantity is listed even if it is zero.

**Answer the following questions based on the information in the Nutrition Facts label above:**

1. What type of food product is this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is the serving size of this food product for the nutrition information provided in the label?

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1. What percentage (%) of the recommended daily value of iron does this product provide?

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1. How many grams of fibre do **TWO servings** of this product provide? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many milligrams (mg) of salt does a serving of this food product contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Using the information provided on this food label as a guide, would you consider this product to be a healthy choice? (circle: **yes** or **no**)
4. Why or why not (be specific, use info about key nutrients to help form your answer)? \_\_\_\_\_­­\_\_\_\_

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May 2013