Name: ________________________________________

Food Labels

Directions: Study the food label and answer the questions.

1. What is the serving size of this product?

2. How many calories per serving size are in this product?

3. What percent of daily value is the sodium?

4. In 2 servings, how much Vitamin A is there?

5. Based on this food label, would you consider this product to be healthy? Why or why not?

Look at 6 different products’ food labels. Find three that are healthy and three that are less healthy. Record the products below and their sodium levels.

healthy

__________________________________________

__________________________________________

__________________________________________


less healthy

__________________________________________

__________________________________________

__________________________________________

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