**Part 1 – Cereal Label Worksheet**

**Directions:** Use the Nutrition Facts Panel of your cereal label to answer the following questions. Determine if your cereal is a healthy or unhealthy choice by analyzing the amounts of calories, sugar, fat and fiber per serving.

Name of your cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| What is the serving size? |  |
| How many calories per serving? |  |
| How many grams of sugar per serving? |  |
| What is/are the source(s) of sugar?  (Remember, sugar can be listed under other names such as: corn syrup, molasses, fructose, glucose, maltose) |  |
| How many grams of fat per serving? |  |
| How many grams of fiber per serving? |  |
| Is whole grain listed as an ingredient? |  |
| Is your cereal a healthy or unhealthy choice? |  |

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**Part 2 - Cereal Nutrition Facts Questions**

**Directions:** Use the Nutrition Facts Panel of your cereal label, along with 2 other cereal labels, to compare and contrast and answer the following questions.

(3 additional cereals/labels are attached below or you may choose your own.)

**Write the names of the 3 cereals here:**

**A. (yours)**

**B.**

**C.**

1. Which cereal has the highest percent of Vitamin C? Why do we need Vitamin C?

1. Which cereal has the highest percent of Iron? Why do we need Iron?
2. Which cereal has the most Fiber and which one has the least? Which is a better choice?
3. Why does Fiber play such an important role in our bodies?
4. Which cereal has the highest amount of sugar and which one has the least?
5. Why should we choose cereals with a low amount of sugar?





