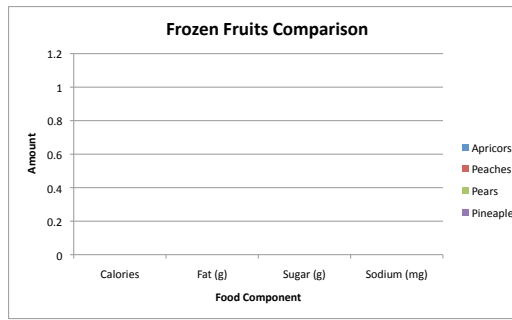


Learning: This activity will help you work on reading food labels and using this nutritional information to determine the healthiest food option among similar foods. This is a crucial skill for making good food choices in everyday life, and it will require you to use your knowledge from this unit about What Makes Food Nutritious.

Directions: You will need to either look at the physical food label of each food listed or find a nutrition label of the food on the Internet and enter the nutrition data for each food in the appropriate column. Then, look at the graphs that correspond with this information to compare the different foods, and identify the healthiest food for each category, explaining your reasoning in the box provided.

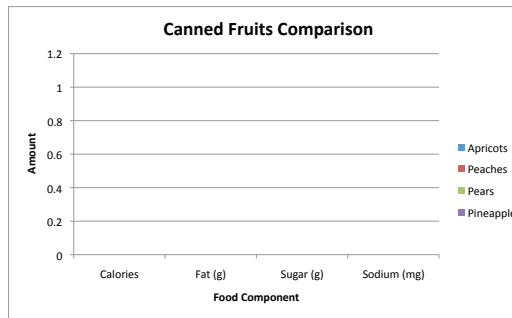
Frozen Vegetables	Calories	Fat (g)	Sugar (g)	Sodium (mg)
Apricots				
Peaches				
Pears				
Pineapple				

Healthiest Food and Why:



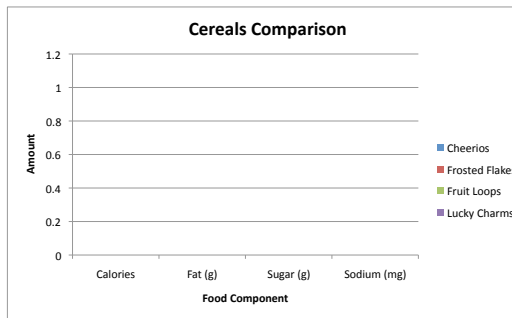
Frozen	Calories	Fat (g)	Sugar (g)	Sodium (mg)
Apricots				
Peaches				
Pears				
Pineapple				

Healthiest Food and Why:



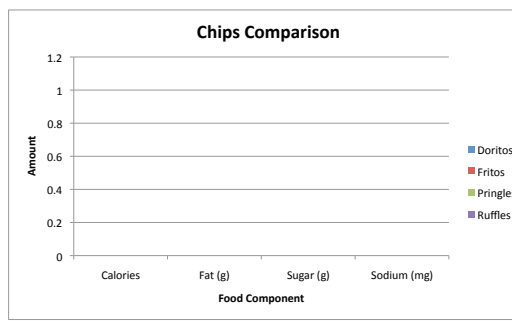
Cereals	Calories	Fat (g)	Sugar (g)	Sodium (mg)
Cheerios				
Frosted Flakes				
Fruit Loops				
Lucky Charms				

Healthiest Food and Why:



Chips	Calories	Fat (g)	Sugar (g)	Sodium (mg)
Doritos				
Fritos				
Pringles				
Ruffles				

Healthiest Food and Why:



Cookies	Calories	Fat (g)	Sugar (g)	Sodium (mg)
Chunky Chips Ahoy!				
Girl Scout Thin Mints				
Oreos				
Milanos				

Healthiest Food and Why:

