

**Activity 19****Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 4

# Knowing What You Eat

Directions: As you have learned, the law requires that packaged and prepared foods include a Nutrition Facts panel. The information on this panel can help you determine the nutritional needs the food will meet. Choose a packaged food that you enjoy. Find the Nutrition Facts panel on the food and record the information listed on the panel in the diagram below.

| <b>Nutrition Facts</b>                                  |  |
|---|--|
| Serving size:   |  |
| Number of servings per container:                       |  |
| <hr/>   |  |
| Number of Calories per serving:                         |  |
| <hr/>   |  |
| Calories from fat per serving:                          |  |
| <hr/>   |  |
| Total Fat Grams:  |  |
| <hr/>   |  |
| Saturated Fat:  |  |
| <hr/>   |  |
| Cholesterol:  |  |
| <hr/>   |  |
| Sodium:   |  |
| <hr/>   |  |
| Total carbohydrate:                                     |  |
| <hr/>   |  |
| Dietary fiber:  |  |
| <hr/>   |  |
| Sugars:   |  |
| <hr/>   |  |
| Protein:  |  |
| <hr/>   |  |
| Percentage of the Daily Value of vitamins and minerals: |  |
| <hr/>   |  |

1. *LOOK AT THE FIRST 3 INGREDIENTS ON NUTRITION LABEL.*  
 What are the three main ingredients in the food product you chose? \_\_\_\_\_

2. *VITAMINS/MINERALS.*  
 How does the food product meet the body's nutritional needs? \_\_\_\_\_

3. How can using the Nutrition Facts panel help you maintain a healthful diet?  
 \_\_\_\_\_

**Activity 19****Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 4

# Knowing What You Eat

**Directions:** As you have learned, the law requires that packaged and prepared foods include a Nutrition Facts panel. The information on this panel can help you determine the nutritional needs the food will meet. Choose a packaged food that you enjoy. Find the Nutrition Facts panel on the food and record the information listed on the panel in the diagram below.

| <b>Nutrition Facts</b>                                  |  |
|---|--|
| Serving size:   |  |
| Number of servings per container:                       |  |
| <hr/>   |  |
| Number of Calories per serving:                         |  |
| <hr/>   |  |
| Calories from fat per serving:                          |  |
| <hr/>   |  |
| Total Fat Grams:  |  |
| <hr/>   |  |
| Saturated Fat:  |  |
| <hr/>   |  |
| Cholesterol:  |  |
| <hr/>   |  |
| Sodium:   |  |
| <hr/>   |  |
| Total carbohydrate:                                     |  |
| <hr/>   |  |
| Dietary fiber:  |  |
| <hr/>   |  |
| Sugars:   |  |
| <hr/>   |  |
| Protein:  |  |
| <hr/>   |  |
| Percentage of the Daily Value of vitamins and minerals: |  |
| <hr/>   |  |

1. What are the three main ingredients in the food product you chose? LOOK AT THE FIRST 3 INGREDIENTS ON NUTRITION LABEL

2. How does the food product meet the body's nutritional needs? VITAMINS/MINERALS

3. How can using the Nutrition Facts panel help you maintain a healthful diet?