**Nutrition Label activity**

Directions: Read each of the labels posted around the gym. Answer the following questions and analyze each of the foods to see if you think they are healthy or unhealthy.

**Food #1**

How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #2**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #3**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #4**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #5**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #6**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #7**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #8**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #9**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer:

**Food #10**

 How many calories are in a serving?\_\_\_\_\_ How many servings are in a container?\_\_\_\_\_\_\_ Is this food high or low in vitamins/mineral/fiber?\_\_\_\_\_\_\_ Is this food high or low in fat?\_\_\_\_\_\_ Is this food high or low in sugar compared to the total carbohydrates? \_\_\_\_\_\_\_ Can you guess what food this is?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Is this food nutritionally high/low/other?\_\_\_\_\_\_

Explain your answer: