

Name(s): _____

Processed Food Breakdown

1. Select the healthiest food from 4 of the following categories:
 - Drinks
 - Boxed foods
 - Canned foods
 - Prepackaged foods
 - Drinks
2. For each food, record the important nutrient information in the boxes below.
3. Once you have selected all of your food items, write a persuasive statement as to why you have created the healthiest meal.

Food item: Serving size & calories: First 3 ingredients: Other deciding factors:	Food item: Serving size & calories: First 3 ingredients: Other deciding factors:
Food item: Serving size & calories: First 3 ingredients: Other deciding factors:	Food item: Serving size & calories: First 3 ingredients: Other deciding factors:

4. Write a persuasive statement to the following question:

Why do you have the healthiest meal?