

STUDENT WORKSHEET

ACTIVITY 2: ANALYZING SERVING SIZE

Name _____ Date _____ Class/Hour _____

DATA TABLE FOR _____

(Cereal Name)

Complete these questions and the Data Table with information about your chosen cereal.

1. When you eat cereal for breakfast, how much do you estimate you eat (ex: 1/2 cup, 1 cup, 2 cups, etc.)? _____
2. When you pour your bowl of breakfast cereal, how many servings do you think are in the bowl? _____
3. What does the Nutrition Facts label for your breakfast cereal say about Serving Size? _____
4. Compare the amount of cereal you actually poured into your bowl with the amount per serving on the label.
How many servings are in the original bowl of cereal that you poured? _____

	Nutrition Facts label Information	Our Poured Bowl of Cereal	Our Bowl of Cereal with 1 Cup of 2% Milk
Serving Size			
Calories			
Carbohydrates			
Fiber			
Total Sugars			
Added Sugars			
Protein			

5. Compare the portion size of the bowl you poured with that of 2 other groups. If their portion sizes are different, why do you think they are different?

6. One of the entries in your **Mini-Book** is **Nutrients To Get Less Of**. One of these nutrients is added sugar.
 - a. How much added sugar is in one serving of your cereal? _____
 - b. How much added sugar is in the portion of cereal that you poured into the bowl without measuring? _____

Look at the ingredients for your selected cereal and answer the following questions.

 - c. What added sugars are in the cereal? _____
 - d. Why should you try to limit added sugars? _____
 - e. What could you do to make your cereal choice more healthy? _____