

# STUDENT WORKSHEET

## ACTIVITY 1: DISSECTING THE NUTRITION FACTS LABEL

Name \_\_\_\_\_ Date \_\_\_\_\_ Class/Hour \_\_\_\_\_

1. Arrange the cards in order of the food you think has the most protein per serving to the food you think has the least protein per serving. Complete Column 1 in the data table below with that information.
2. After you read the food product nutrition labels, rearrange the foods in the correct order of most to least Protein per Serving – record that in Column B. If you find 2 products with the same information, list them alphabetically.
3. Record the arrangement of the foods according to the amount of Protein per Serving listed on the Nutrition Facts label for each food. In the last column, mark an up arrow (↑) if the actual ranking was higher than you initially recorded, a down arrow (↓) if it was lower than you initially recorded, and an equal mark (=) if it was the same as your ranking. [Note: If you are filling in this worksheet online, you can write Up or Down for the arrow direction.]

### Data Table to Rank Foods According to Protein per Serving

<b>A</b> List the foods in order of those you think have the <b>most</b> Protein per Serving to the <b>least</b> Protein per Serving	<b>B</b> Look at the Nutrition Facts label for each product and list the products in order from those with the <b>most</b> Protein per Serving to those with the <b>least</b> Protein per Serving. Include how many grams of protein for each one.	<b>C</b> Compare each food position in column A with the same food's position in column B. Record ↑ if the position in B is higher, ↓ if the position in B is lower, and = if the position is the same in columns A and B.

1. What information did your group use to initially rank the foods according to the amount of protein per serving? \_\_\_\_\_  
\_\_\_\_\_
2. How accurate was your group's initial ranking of the food products? \_\_\_\_\_  
\_\_\_\_\_
3. What food products surprised your group by their ranking and why? \_\_\_\_\_  
\_\_\_\_\_
4. Why do you think it is important to understand the Nutrition Facts label? \_\_\_\_\_  
\_\_\_\_\_