STUDENT WORKSHEET
MEAL PLANNING – BREAKFAST

Name _____ Date _____ Class/Hour _____

1. Watch *Reading the Food Label*. www.youtube.com/watch?v=s5zroZfMn0I
2. Create a healthy breakfast that will be part of a 2,000-calorie daily plan; aim for about 500-600 calories (total) for this meal.
3. Determine your own calorie needs with the MyPlate Calculator: www.myplate.gov/myplate-plan.
4. Write the names of the foods you choose across the top row of the table below and complete the information about each food in the column below the food. Include the number of servings you plan to consume for each food, and multiply the calories and nutrients by the number of servings.

Use the Nutrition Facts label on your chosen foods to determine the amount of nutrients in each food and how each nutrient contributes to the %DV. To learn more about nutrients to get more and less of, explore the many online resources such as FDA's *Nutrition Information for Raw Fruits, Vegetables, and Seafood* www.fda.gov/food/food-labeling-nutrition/nutrition-information-raw-fruits-vegetables-and-fish.

Food Name(s)								
Servings Per Container								
Serving Size								
# of Servings Consumed								
Totals: (nutrient value x number of servings)								
Calories								
Total Fat (%DV)								
Saturated fat (%DV)								
Trans fat*								
Cholesterol (%DV)								
Sodium (%DV)								
Total Carbohydrate (%DV)								
Dietary Fiber (%DV)								
Total Sugars* (g)								
Added Sugars (%DV)								
Protein* (g)								
Vitamin D (%DV)								
Calcium (%DV)								
Iron (%DV)								
Potassium (%DV)								

*While the Nutrition Facts label does not list a %DV for *trans* fat, Total Sugars, or protein, you can record the grams of each of these three components for a food.

What is your cumulative breakfast %DV for each of the following?

Vitamin D _____

Calcium _____

Iron _____

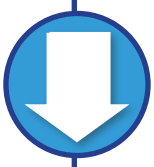
Potassium _____

What is your cumulative breakfast %DV (or milligrams/grams) for each of the following?

Saturated fat _____

Sodium _____

Added Sugars _____



STUDENT REVIEW WORKSHEET
MEAL PLANNING

Name _____ Date _____ Class/Hour _____

1. Where on the Nutrition Facts label can you find serving size and servings per container? _____

2. Why are these important to know? _____

3. Where can you find how many calories you can get from a food? _____

4. Why is it important to know the amount of energy (calories) you get from a food? _____

5. How do you use %DV to determine which nutrients in the food are low and which are high? _____

6. How would you define the phrase 'nutrient-dense foods'? _____

7. Which of the foods in your breakfast meal was the most nutrient-dense? _____

8. Which was the least nutrient-dense food? _____

9. What values did you use to determine this? _____