



Jr. Chef Club What's in a Nutrition Label? Lesson 4

Name _____

What's in a Nutrition Label?

Use the Nutrition Facts information on a box of cereal to answer these questions.

Name of cereal _____

Servings per box _____

Serving size _____

Carbohydrates: Sugar _____ grams

Dietary fiber _____ grams

Do you like this cereal? _____ Why or why not? _____

REMEMBER, a healthy cereal should have less than 5 grams of sugar and 2 grams or more of fiber. (If it includes fruit, the sugar may be more.)

