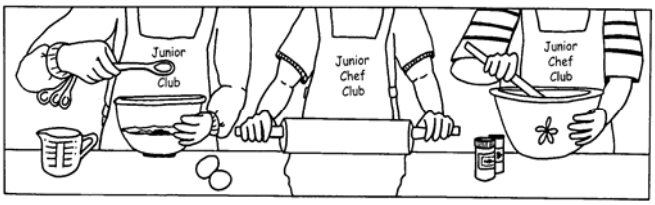


Jr. Chef II

The Art of Tasteful Beverages

Lesson 3

Scavenger Hunt

SOFT DRINK NUTRITION CHART
Calcium per serving_____
Protein per serving_____
Sugar per serving_____
Serving size_____
Vitamin D per serving_____

MILK NUTRITION CHART
Calcium per serving_____
Protein per serving_____
Sugar per serving_____
Serving size_____
Vitamin D per serving_____

JUICE DRINK NUTRITION CHART
Calcium per serving_____
Protein per serving_____
Sugar per serving_____
Serving size_____
Vitamin D per serving_____

On the back of this sheet are nutrition labels for a juice drink, soft drink, and milk. Use the labels to fill in the boxes on the left. Then answer the questions below.

Questions:

1. What is the "Serving size" of each drink?

   _____

2. You need calcium to build strong bones. Which drink gives you the most calcium?

   _____

3. There are 4 grams of sugar in one teaspoon. If you drank 3 cans of soda in one day, how many grams of sugar would you be drinking? How many teaspoons? (Divide grams by 4 to get teaspoons.)

   _____

4. Which drink has the least amount of sugar?

   _____

5. You need protein for strong muscles. Which drink gives you the most protein?

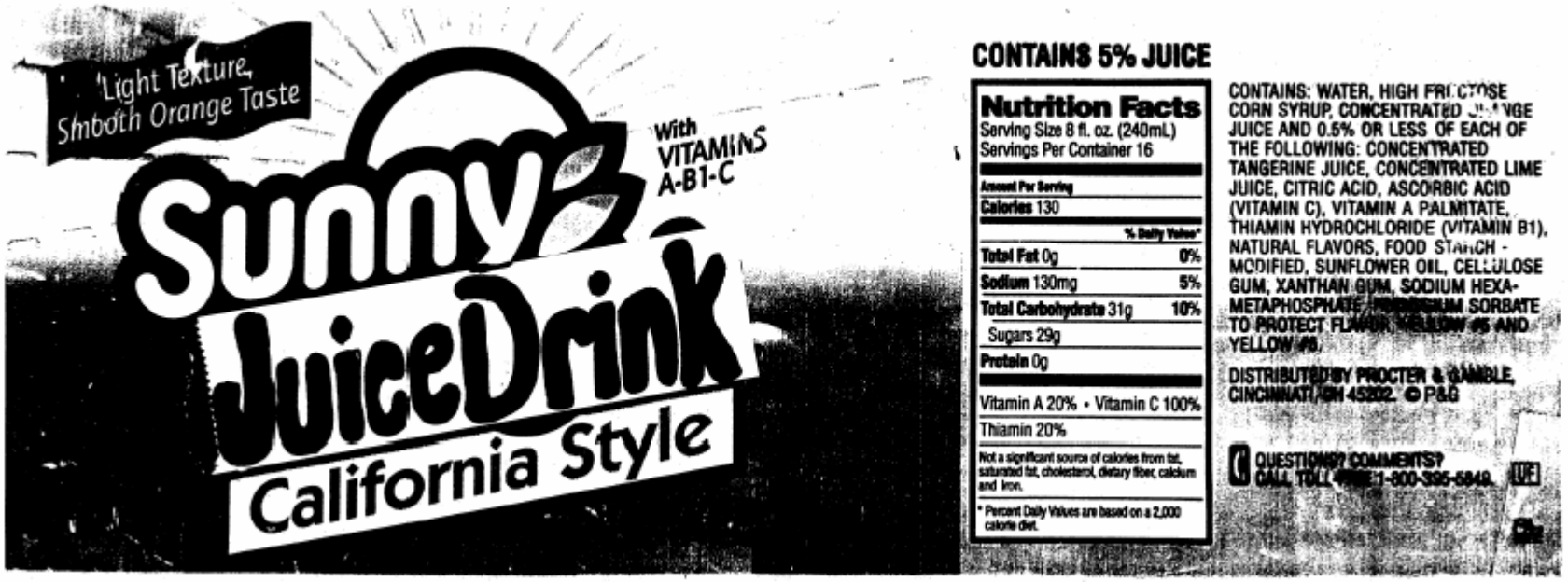
   _____

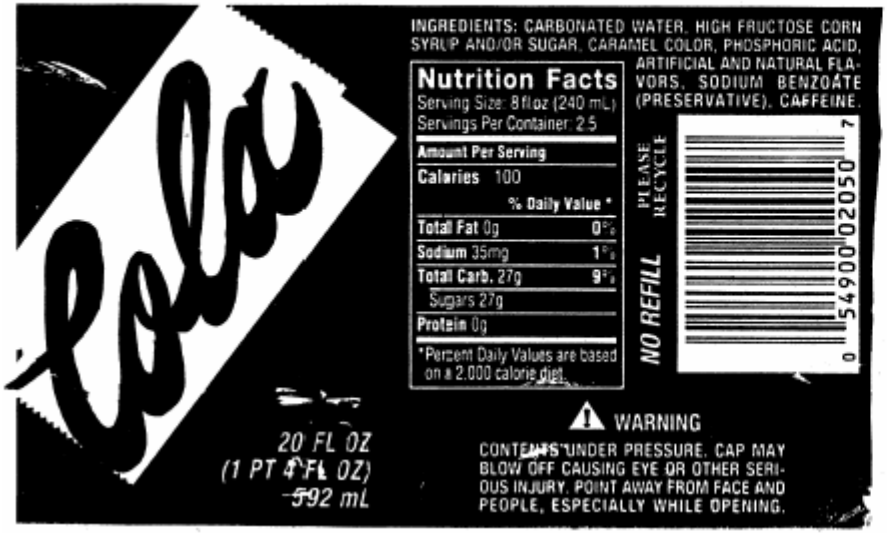
6. Vitamin D helps your body use calcium. Which drink contains the most vitamin D?

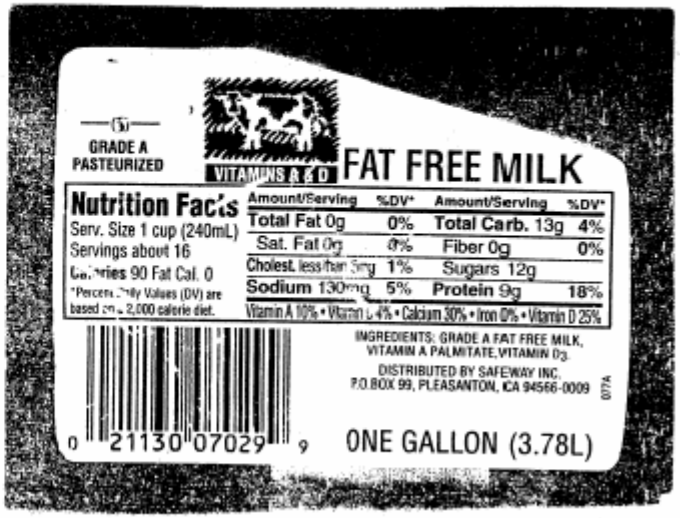
   _____

Did you know??? The sugar in milk is not added to it—it's naturally there. The sugar in soft drinks and juice drinks is added—it's the kind to limit! Remember your daily sugar "budget" is about 10 to 12 teaspoons.

Information provided by Washington State University Extension's *Food $ense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.


Light Texture,
Smooth Orange Taste
Sunny
Juice Drink
California Style
With VITAMINS A-B1-C
CONTAINS 5% JUICE
Nutrition Facts
Serving Size 8 fl. oz. (240mL)
Servings Per Container 16
Amount Per Serving
Calories 130
% Daily Value*
Total Fat 0g 0%
Sodium 130mg 5%
Total Carbohydrate 31g 10%
Sugars 29g
Protein 0g
Vitamin A 20% • Vitamin C 100%
Thiamin 20%
Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, calcium and iron.
* Percent Daily Values are based on a 2,000 calorie diet.
CONTAINS: WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE AND 0.5% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED TANGERINE JUICE, CONCENTRATED LIME JUICE, CITRIC ACID, ASCORBIC ACID (VITAMIN C), VITAMIN A PALMITATE, THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, FOOD STARCH - MODIFIED, SUNFLOWER OIL, CELLULOSE GUM, XANTHAN GUM, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE TO PROTECT FLAVOR, YELLOW #5 AND YELLOW #6.
DISTRIBUTED BY PROCTER & GAMBLE, CINCINNATI, OH 45202. © P&G
QUESTIONS? COMMENTS? CALL TOLL FREE 1-800-395-5849.


Cola
20 FL OZ
(1 PT 4 FL OZ)
592 mL
INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP AND/OR SUGAR, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CAFFEINE.
Nutrition Facts
Serving Size: 8 fl oz (240 mL)
Servings Per Container: 2.5
Amount Per Serving
Calories 100
% Daily Value *
Total Fat 0g 0%
Sodium 35mg 1%
Total Carb. 27g 9%
Sugars 27g
Protein 0g
*Percent Daily Values are based on a 2,000 calorie diet.
PLEASE RECYCLE
NO REFILL
0 54900 02050 7
WARNING
CONTENTS UNDER PRESSURE. CAP MAY BLOW OFF CAUSING EYE OR OTHER SERIOUS INJURY. POINT AWAY FROM FACE AND PEOPLE, ESPECIALLY WHILE OPENING.


GRADE A PASTEURIZED
VITAMINS A & D
FAT FREE MILK
Nutrition Facts
Serv. Size 1 cup (240mL)
Servings about 16
Calories 90 Fat Cal. 0
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 0g 0% Total Carb. 13g 4%
Sat. Fat 0g 0% Fiber 0g 0%
Cholest. less than 5mg 1% Sugars 12g
Sodium 130mg 5% Protein 9g 18%
Vitamin A 10% • Vitamin C 4% • Calcium 30% • Iron 0% • Vitamin D 25%
INGREDIENTS: GRADE A FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3.
DISTRIBUTED BY SAFEWAY INC. P.O.BOX 99, PLEASANTON, CA 94566-0009
0 21130 07029 9
ONE GALLON (3.78L)