

Jr. Chef II

Make the Most of Convenience Foods

Lesson 8

Label Lingo

Directions:

1. Fill out the labels on the other side of this worksheet.
2. Write in up or down arrows in the boxes to the left of each nutrient.
(Hint: Look at your bookmark to help you know which way the arrows should go.)
3. Answer the questions below using the information from the labels on the other side.

Saturated Fat:
Which food is lowest in saturated fat? _____

Trans Fat:
Which food is lowest in trans-fat? _____

Fiber:
Which food has the most fiber? _____

Sugar:
Which food has the least sugar? _____

Vitamin A:
Which food has the most Vitamin A? _____

Vitamin C:
Which food is the best choice for getting Vitamin C? _____

Calcium:
Which food is highest in bone-building calcium? _____

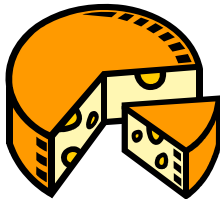
Which food do you think is the healthiest choice? _____
(Hint: In answering the above questions, which food was the correct answer most often?)

What's Inside the Package?

The great thing about a food label is that it tells you what's inside!

- Look at the poster board to fill in the nutrients that are blank below. All of the blanks are in the gray shaded areas.
- When you're done, use the questions on the back to compare the two foods and decide which is healthier.

Cheese Curls



Nutrition Facts	
Serving Size ____ oz. (28 g)	
Servings Per Container 4	
Amount Per Serving	
Calories ____	Calories from Fat 90
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 0 mg	0%
Sodium 290 mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 2g	
Vitamin A ____%	Vitamin C ____%
Calcium ____%	Iron ____%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pretzels



Nutrition Facts	
Serving Size ____ Pieces (28 g)	
Servings Per Container 40	
Amount Per Serving	
Calories ____	Calories from Fat 0
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 3g	
Vitamin A ____%	Vitamin C ____%
Calcium ____%	Iron ____%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What's Inside the Package?

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Bean & Cheese Burrito



Nutrition Facts	
Serving Size ____ Burrito (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories ____	Calories from Fat 70
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 10mg	3%
Sodium 540mg	23%
Total Carbohydrate 43g	14%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 10g	
Vitamin A ____%	Vitamin C ____%
Calcium ____%	Iron ____%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cheese Pizza



Nutrition Facts	
Serving Size ____ pizza (158 g)	
Servings Per Container 2	
Amount Per Serving	
Calories ____	Calories from Fat 140
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 30mg	10%
Sodium 1120mg	47%
Total Carbohydrate 51g	17%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 20g	
Vitamin A ____%	Vitamin C ____%
Calcium ____%	Iron ____%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What's Inside the Package?

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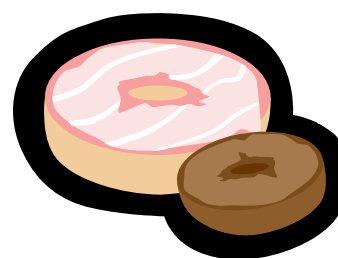
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Pop Tart



Nutrition Facts	
Serving Size _____ Pastry (52 g)	
Servings Per Package 8	
Amount Per Serving	
Calories _____	Calories from Fat 45
% Daily Value	
Total Fat _____ g	_____ %
Saturated Fat _____ g	_____ %
Trans Fat _____ g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber _____ g	_____ %
Sugar _____ g	
Protein 2g	
Vitamin A _____ %	• Vitamin C _____ %
Calcium _____ %	• Iron _____ %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Whole Wheat Bagel



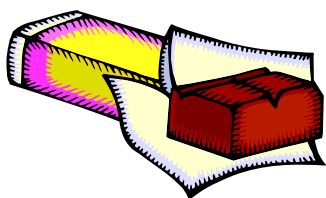
Nutrition Facts	
Serving Size _____ Bagel (85 g)	
Servings Per Container 6	
Amount Per Serving	
Calories _____	Calories from Fat 15
% Daily Value	
Total Fat _____ g	_____ %
Saturated Fat _____ g	_____ %
Trans Fat _____ g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 42g	14%
Dietary Fiber _____ g	_____ %
Sugar _____ g	
Protein 8g	
Vitamin A _____ %	• Vitamin C _____ %
Calcium _____ %	• Iron _____ %
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Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What's Inside the Package?

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Candy Bar



Granola Bar



Nutrition Facts	
Serving Size ____ Bar (43 g)	
Servings Per Container 1	
Amount Per Serving	
Calories ____	Calories from Fat 70
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 2g	
Vitamin A ____% • Vitamin C ____%	
Calcium ____% • Iron ____%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size ____ Bar (28g)	
Servings Per Container 10	
Amount Per Serving	
Calories ____	Calories from Fat 35
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 2g	
Vitamin A ____% • Vitamin C ____%	
Calcium ____% • Iron ____%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What's Inside the Package?

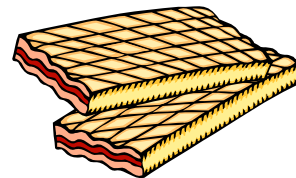
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Cookie



Fig Bar



Nutrition Facts	
Serving Size ____ cookies (40 g)	
Servings Per Container 1	
Amount Per Serving	
Calories ____	Calories from Fat 80
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 2g	
Vitamin A ____%	• Vitamin C ____%
Calcium ____%	• Iron ____%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size ____ cookies (31g)	
Servings Per Container 15	
Amount Per Serving	
Calories ____	Calories from Fat 20
% Daily Value	
Total Fat ____ g	____%
Saturated Fat ____ g	____%
Trans Fat ____ g	
Cholesterol 0mg	0%
Sodium 125mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber ____ g	____%
Sugar ____ g	
Protein 1g	
Vitamin A ____%	• Vitamin C ____%
Calcium ____%	• Iron ____%
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Saturated Fat	Less than 20 g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	