Name that Snack

Directions: Write the name of the snack in each picture on the line below it. Then, circle the snacks that are “anytime” snacks and put an X over the snacks that are sometimes snacks.

1. __________
2. __________
3. __________
4. __________

5. __________
6. __________
7. __________
8. __________

9. __________
10. __________
11. __________
12. __________
Name that Snack Answer Key

1. M&Ms - sometimes
2. Granola bar - anytime
3. Peanuts - anytime (if unsalted)
4. Potato chips - sometimes
5. Popcorn - anytime (if low-fat, low-salt)
6. Pretzels - anytime (if low-salt)
7. Cereal & milk - anytime (low sugar)
8. Celery, peanut butter & raisins - anytime
9. Pb & J sandwich - anytime (on whole grain bread)
10. Tortilla chips - anytime (small portion w/ salsa is best)
11. Sunflower seeds - anytime (if unsalted)
12. Cookies - sometimes

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Reading Nutrition Labels

1. How many servings are there per container? ____

2. How many grams of total fat are there per serving? ____

3. How many grams of fat would you eat if you ate the whole container? ____ x ____ = ____ total grams of fat

4. What is the % Daily Value for Calcium? _____ %

5. Is this food a high or a low source of calcium? High or Low

---

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Reading Nutrition Labels

ANSWER KEY

1. How many servings are there per container? 8

2. How many grams of total fat are there per serving? 8g

3. How many grams of fat would you eat if you ate the whole container?
   \[ 8 \times 8g = 64g \] total grams of fat

4. What is the % Daily Value for Calcium? 20 %

5. Is this food a high or a low source of calcium? (High) or (Low)

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# Snack Labels

Answer the following questions based on the nutrition label for a snack food.

<table>
<thead>
<tr>
<th>Look for the following on your label</th>
<th>My Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the name of your snack?</td>
<td></td>
</tr>
<tr>
<td>What is the serving size?</td>
<td></td>
</tr>
<tr>
<td>How many servings are in the entire package?</td>
<td></td>
</tr>
<tr>
<td>How many calories are in one serving?</td>
<td></td>
</tr>
<tr>
<td>How many calories are in the entire package?</td>
<td></td>
</tr>
<tr>
<td>How many grams of fat are in one serving?</td>
<td></td>
</tr>
<tr>
<td>How many grams of fat are in the entire package?</td>
<td></td>
</tr>
<tr>
<td>Which nutrients have a high % Daily Value (20% or more)?</td>
<td></td>
</tr>
<tr>
<td>Which nutrients have a low % Daily Value (5% or less)?</td>
<td></td>
</tr>
<tr>
<td>Do you think this is a healthy snack?</td>
<td></td>
</tr>
</tbody>
</table>

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Name the Candy Bar

1. _________
2. _________
3. _________
4. _________

5. _________
6. _________
7. _________
8. _________

9. _________
10. _________
11. _________
12. _________

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Name the Fruit or Vegetable

1.___________
2.__________
3.__________
4.__________
5.__________
6.__________
7.__________
8.__________
9.__________
10.__________
11.__________
12.__________
Name the Candy Bar Answer Key


Name the Fruit or Vegetable Answer Key

1. Apple
2. Cantaloupe
3. Cucumber
4. Avocado
5. Pomegranate
6. Red Cabbage
7. Papaya
8. Artichoke
9. Yam
10. Kiwi
11. Tomato
12. Squash

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