**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Food Label Assignment**

• Examine 3 food labels and find the following things

– # of grams and % of carbohydrates

– # of grams and % of total fat

– # of grams and % of protein

– List any vitamins or minerals that are in the food

– Write a summary paragraph on the foods you researched on reverse side

**Food Label 1**

**Food:**

**Carbohydrates: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Fat: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Protein: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Vitamins and Minerals:**

**Food Label 2**

**Food:**

**Carbohydrates: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Fat: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Protein: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Vitamins and Minerals:**

**Food Label 3**

**Food:**

**Carbohydrates: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Fat: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Protein: \_\_\_\_\_\_\_\_\_ grams \_\_\_\_\_\_\_\_\_\_%**

**Vitamins and Minerals:**