**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:**