

# FOOD LABEL PROJECT



1. What food out of your bag do you think is the healthiest?

2. By reading the nutrition label-check the following:

FOOD					
Serving Size					
Calories					
Total Fat					
Sodium					
Carbohydrate					
Dietary Fiber					
Sugar					
Protein					
Vitamin A					
Vitamin C					
Calcium					
Iron					
What are the first 3 ingredients listed under ingredients?					

3. Which food tastes the best?

4. Write a 150-word report on what food in your group would be healthiest for you to include in your daily diet. You will have to like this food. Compare and contrast the information gathered from the food labels and support your conclusion using information we discussed and facts found in your notes. Why are food labels important?

The report is worth 30 points and will need:

- 150 words
- Written in ink or on the computer
- Worksheet stapled to the final copy
- NO spelling mistakes
- Due:

## Research Report : Food Label Project

Teacher Name: **Mrs. Kuntz**

Student Name: \_\_\_\_\_

CATEGORY	1	3	5	
In ink or computer and word count	Not in ink or computer and/or less than 100 words	in ink or computer but not neat and between 100 and 150 words	in ink or computer and neat and 150 words or more	
Spelling	5 or more spelling mistakes	1-4 spelling mistakes	No spelling mistakes	
Reasons why a food is healthy	0-1 reasons why a food is healthy	2 reasons why a food is healthy	3 reasons why a food is healthy	
Reasons why a food is not healthy	0-1 reasons why a food is not healthy	2 reasons why a food is not healthy	3 reasons why a food is not healthy	
Reasons why food labels are important	0-1 reasons why food labels are important	2 reasons why food labels are important	3 reasons why food labels are important	
Worksheet	Not completed Illegible	½ completed Legible but not neat	Completed Neat	

