



Nutrition Facts Scavenger Hunt

Name: _____ Date: _____

Directions:

1. Select two foods or beverages (at least one item being a beverage) from your refrigerator or pantry.
2. Copy the product information from the Nutrition Facts label into the sample labels below.
3. Answer the questions below each label.
4. Bring your labels back to class for discussion.

Product Name: _____

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat g	%
Saturated Fat g	%
Trans Fat g	
Cholesterol mg	%
Sodium mg	%
Total Carbohydrates g	%
Dietary Fiber g	%
Sugars g	
Protein g	
Vitamin A %	• Vitamin C %
Calcium %	• Iron %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

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1. How many servings are in the product? _____

2. Calculate the total calories in this product: _____

Calories per serving X Number of servings = Total calories

3. Calculate the total grams of sugar in this product: _____

g Sugar per serving X Number of servings = Total sugar

_____g _____g

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