



Write in the name of the Food Labels you are using.	
Name of Food Label A	
Name of Food Label B	

Circle your Food label that is best described:

1. most sodium per serving: Label A Label B
2. most carbohydrates per serving? Label A Label B
3. most saturated fat per serving? Label A Label B
4. least sugar per serving? Label A Label B
5. more calories from fat? Label A Label B
6. more fat per serving? Label A Label B
7. has less sodium? Label A Label B
8. least amount of calories per serving? Label A Label B
9. most protein per serving? Label A Label B
10. most total fat per serving? Label A Label B
11. most Vitamin A? Label A Label B
12. most Calcium? Label A Label B



Learn to read food labels for nutrition information Worksheet

Which food item do you think is more healthy and why?

Instructions For Teacher:

Have the students cut-out and bring to school food labels from packaged food items that are in their home. (With their parents' permission, of course).

Have the students trade food labels with their classmates so that each student has 2 food labels.

Have the student use their food labels to fill out the Food Label Worksheet.

