SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES 4–5

Read a Food Label

Read the Nutrition Facts on a box of cereal, then answer eight questions, two with a little math.

Name: _____ **Date:** _____



Nutrition Facts

10 servings per box

Serving size	**1 cup**
Calories	**120**
Total fat	1.5 g
Sodium	160 mg
Total carbohydrate	25 g
Dietary fiber	3 g
Total sugars	6 g
Protein	3 g

Circle the answer.

In one serving, there is more

(sugar) (protein)

Foods with 5 g of fiber or more are high in fiber. Is this cereal high in fiber?

(yes) (no)

Read the cereal label. Answer the questions.

1. How big is one serving? _____

2. How many servings are in the box? _____

3. How many calories are in one serving? _____

4. How many grams of sugar are in one serving? _____

5. You eat 2 cups. How many calories is that? _____

6. How many calories are in the whole box? _____

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