Name: _____ Team #: _____

NUTRITION MADE EASY

Quiz

The Fuzzy Math *of* Food Labels

All those numbers show what's in a box or bag and how much you should eat, right? Not so fast. ➡

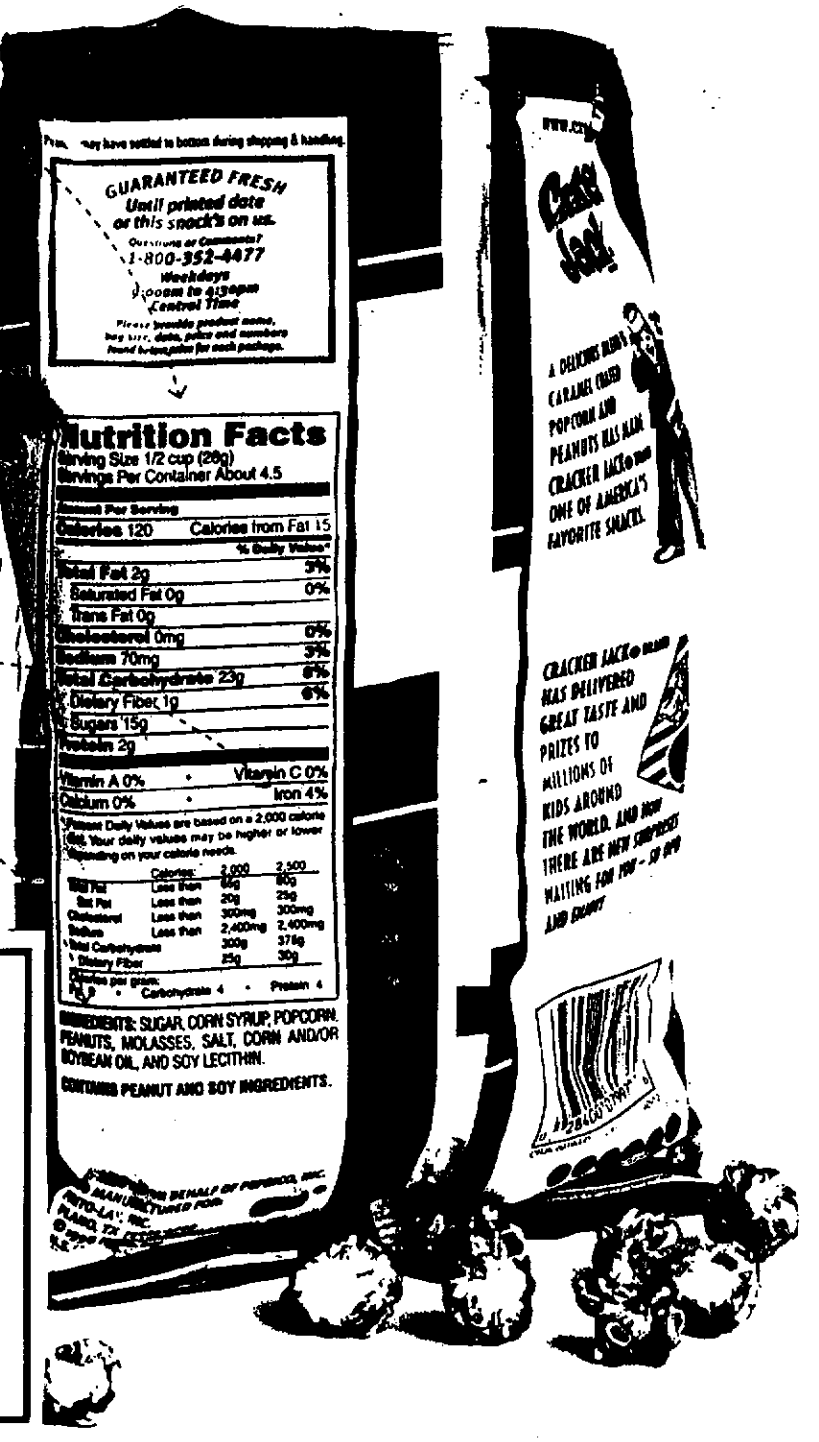
1 What is the most important thing to consider when you first read a label?
A. Calories
B. Sodium
C. Trans fat
D. Serving size

2 The serving size is the government's recommended healthy portion of this food.
A. True
B. False

3 Oops. You munched the whole bag—4.5 servings. What's the biggest concern?
A. Calories
B. Fat
C. Sugar

4 4% of the Daily Value of iron means 4% of the iron you need each day.
A. True
B. False

5 This food is mostly popcorn.
A. True
B. False



Each Question is worth 100 points

Please mark your calendars for these important dates:

Monday, January 17 11am
Healthy Back Seminar in Multi – Purpose Room @ WLSSC

Wednesday, January 19 11am
Healthy Knee Seminar with Christie Augustine, PT
From No Limits Physical Therapy