Reading a food label worksheet answer key

I'm not robot!



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## Nutrition Facts Seving Star 1

Amount Per Serving	-
Calories 140 Calories from	Fel 70
100	y Value"
Yotal Fat 6g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Chalesterol ling	0%
Sodium 150mg	7%
Total Carbohydrate 17g	6%

67	9	Dietary Fiber	
		Sugara 1g	
		Protein 2g	2
Vitamin C 01		Vitamin A 0%	V
leon 2*		Calcium 2%	Č
Thiamin 41		Vitamin E 4%	
Phosphorus 61	•	Vitamin Be 4%	Y
end on a 2,000 secon	10170	Present Daily Value	17

diet. Your daily values may be higher or lower separating on your calcula needs.

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\*\*\* This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.\*\*\*

How many calories would you consume if you ate the whole 16oz bag?

10. How many carbohydrates would you consume if you ate the whole bag?

11. What percentage is this of your daily intake of carbohydrates?

12. How much fat would you get from eating 5 servings of Doritos?

13. How much saturated fat would you get if you ate the whole bag?

\*\*\*Assume the same sized bag – 16 servings per bag...\*\*\*

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?

15. How many carbohydrates would you get if you ate the entire bag?

How much less fat would there
 be in eating an entire bag of Baked

vs. Regular chips?



Ingredients: Whole Gorn, Sove Oit, Seit, Checker
Cheese (Mile, Cheese Gultures, Seit, Colyment),
Suttermile, Solicis, Wiley Protein Corrosetatic,
Affec, Tortess Practic State Solicy Mile, Cheese
Colume, Eart, Engened, Onten French, Wheat
Pour, Spiturel and Artificial Flavor, Partially
Mydrogeruted Exploses and Cottonesed Oil,
Artificial Color Decleding Yellow & Lase, Yellow &
Late, Yellow B, Red 60 Late), Sagar, Santo
Pawie, Olsobian Piccaprain, Declara, Partiesas
Cheese (Pat-Solic Mile, Disease Catures, Eart,
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Serving Size 1 oz			
Amount Per Service	_		
Calories 120	-	and the same	n Fel 30
Canada 120	1,40		y Value
ACCORDING TO	-	* 04	6%
Total Fat 3.5g	200	1000	
Saturated Fat			25
Polyunsaturali			
Monoureatura	and Fr	£1g	
Trans Fat 0g			
Cholesterol (			0%
Sodium 220mg			27
<b>Total Carbohy</b>	drate	250	7%
Dietary Fiber 2	20		7%
Sugara 1g			
Protein 2g			
Vitamin A 2%	1.0	Vitam	in C on
Calcium 4%	- 30		100 PM
Vitamin E 2%	100	The	umin 4%
Nacin 2%	- +	Vitami	n De 6%
Phosphorus 6%	-		Zec 2%
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It's Ok to ext fast food occasionally but fast food is high in calories. So, if you often eat a hamburger and chips you can easily become obese. You must eat homemade food because it is healthier.

Everybody knows that fast food is cheap and quick.

However fact food is not as tasty as homemade food. Young people prefer to eat pizzar. hamburgers and French fries but they should eat soup instead. Fast food companies spend lots of money to make people believe that fast food is cool. The average American eats three hamburgers with French fries a week. Is it surprising that 1/0% of American teenagers are obeself Health care is devoted to create new eating habits: so that we can have a healthier generation.

Obesity can lead to other diseases such as diabetes and heart strokes. This is why America is now starting to fight back against the fast food companies. They are stopping serving fast food in school cafeterias and restaurants serving traditional food are opening now.

A) Read the text and find evidence for the following statements.

- There is no problem if you est fast food now and then.
- You can get fatter if you eat hamburgers and chips frequently.
- 3. Fast food is not expensive.
- 4. Fact food is easily made and eaten.
- 5. Advertisements convince people to eat fast food.
- 6. Three hamburgers with French fries a week is the percentage of the American

consumer.

Name \_\_\_\_\_\_ Date\_\_\_\_\_

## Synonyms & Antonyms

A synonym is a word that has the same or almost the same meaning as another word. For example, a synonym for the word smart is intelligent.

An antonym is a word that has the opposite meaning of another word. For example, an antonym for the word good is bad.

Directions: Match the word in the middle with its synonym and its

Synonym	Word	Antonym
query	ordinary	cowardly
shining	brave	answer
courageous	relaxed	stressed
victor	bright	loser
calm	question	strange
normal	winner	dark

Directions: Are the two words synonyms or antonyms? If they are synonyms, circle S. If they are antonyms, circle A.

S A

difference | similarity S A

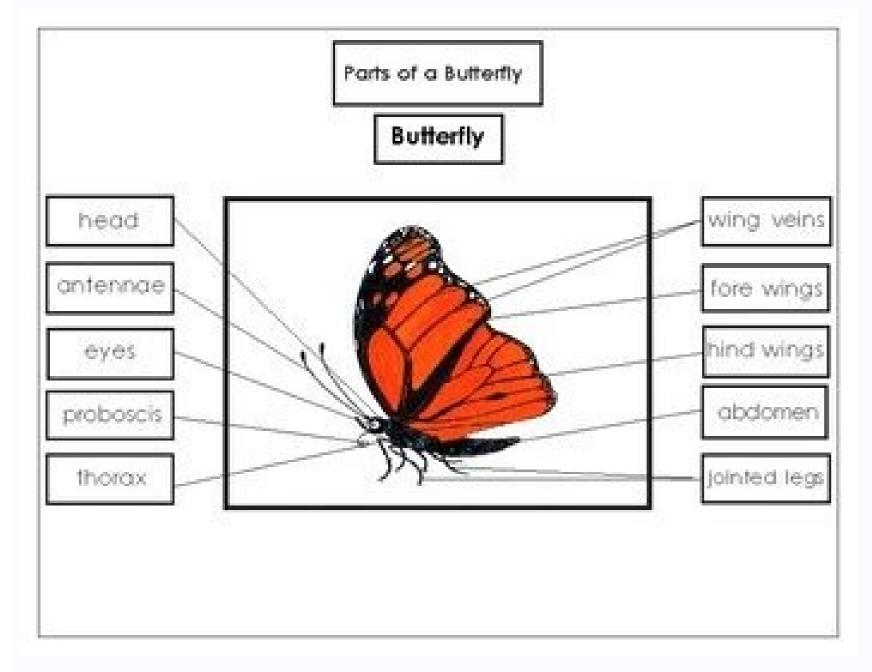
www.timvandevall.com

4. pacify | agitate

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material). The pack includes shelves with the following topics: clothes, food, bedroom, school things, animals, emotions, actions, colours and cvc words Page 2Nature and My Food Needs - DR1.3 Saskatchewanby Student drawing/writing book to explore the different foods we eat and how these foods come from nature. Students can draw their responses and label to provide differentiation and writing practice. Easy to pair with available books or videos. Can do one page or multiple pages at a time. I would likely teach a short lesson about the page, and then we would work on the corresponding page. Easy to leave for a substitute teacher. It is an editable powerpoint so you can change as needed and then prinCalculating Macromolecules from Nutrition Fact Labelsby This worksheet has students highlight the fats/lipids x 9, carbohydrates x 4, proteins x 4. To extend this, you could always have students highlight the macromolecules in the labels. Or you could bring in real food labels to have students work with. Practice desayuno/breakfast foods in Spanish. List, draw, label, write, and create! Students will complete: 1) "Yo como" "Yo no como" graphic organizer 2) Draw their typical breakfast and label in Spanish 3) Write a guided paragraph about their breakfast 4) Create their own menu No prep! Great for elementary but applicable to any food novice! Was this helpful? Please leave a review! Las Comidas / The Foodby This a simple worksheet where children practice vocabulary related to food in different ways. Students need to label pictures, complete the words, state what they like or don't like. There is a little Sopa de letras (word search in case you need a 5 minute break). Students are welcome to colors. Students can review geography, colors, food and adjective agreement in Spanish with this simple activity on exports. They will also learn what countries export what everyday products. Instructions: -Label the Spanish-speaking countries on the map. -Finish the sentences about which foods and other products come from which countries with a color. -Color in a picture of each listed product. -Cut & paste each picture onto the appropriate section of the map.Grades:Types:Food & Nutrition- Oreo Worksheet is designed to take a closer look at food labels. The worksheet focuses on the beloved cookie- THE OREO. It walks students through looking at the ingredients and the nutrition information. Animal Icons and Speech Bubbles EL K M3.U3.L7by Working with the EL curriculum but your students need more scaffolding than a blank sheet of paper? Check out this supplemental worksheet to be used during Module 3 (Trees Are Alive) Unit 3 Lesson 7. Your student will first need to identify which animals depend on their tree. This cute visual helps students ground their learning, referring to the text to choose the correct animals, labeSubjects:Win Win! Students will decipher which nutrient will best help in various situations, practice reading a food label AND apply it by choosing a healthful food product. Is the product a good choice? Check with a fun app called Fooducate! Teach the health skill "Accessing Valid Information" by sending students on a scavenger hunt! Let students share their choices to increase their knowledge base! \*This lesson can be done with or without actual labels as the fooducate website has the nutrition lTypes: Mis comidas favoritas | Spanish food vocabulary. Have students draw and label their favorite meals. You can then collect them for a quick display, or have students interview each other about their favorites for an oral follow-up activity. Quick and easy! This also makes a good filler activity for students who complete in-class work or a test early. My Thanksgiving Plate Writing Activity Kindergarten and KindnessThis is a great writing activity for Thanksgiving! Included are vocabulary words for students to reference and two versions of the worksheet is a word bank for students to reference, and with two versions of the worksheet is a word bank for students. writing through illustrations and a mentor sentence to trace. I have my students label the food on their plate as well to encourage more writing. Hope you and Grocery Shopping Skill Practice to trace. I have my students label the food on their plate as well to encourage more writing. Hope you and Grocery Shopping Skill Practice to trace. I have my students label the food on their plate as well to encourage more writing. a "student grocery store." I made price labels for all the items. The activity involves them reading the list, finding the items, writing down the price, adding up all the items, writing the total, writing the next-dollar (if total is \$8.67, they would write \$9). Subjects: Main Idea Graphic Organizer by This Main Idea graphic organizer is the perfect way to reinforce this skill in your class. Students can use this resource with any text. They will label the characters, setting, problem, solution, and key details to help them identify the main idea of the story. This resource serves as a great whole group, or center activity. I know your students will enjoy this engaging and educational resource. Click this Main Idea Bundle for over 15 pages of main idea graphic organizers and rFREE Reindeer Food labels in color and B&W (with directions)2. Parts of a Reindeer (cut and paste)3. Rainbow Reindeer (find and trace)5. 9 Little Reindeer (find and trace)5. 9 Little Reindeer (all about the number 9)To learn more about how we use this resource, read our blog post here. Seasons Greetings, Curriculum Castle ConnAre your students excited to write and share what they are over the Thanksgiving holiday? This printable activity will give your earliest writers a chance to print, describe and label the food they feasted on over the Thanksgiving holiday. Students will be able to draw, color, label and complete a sentence describing their bountiful feast they enjoyed on Thanksgiving. This activity comes with 1 printable page in .png format. It also has a large area for students to creatively draw the treats tAnimal Habitats The Reef pack and contains two informative colouring sheets for you to use with your students. One sheet contains sea creatures only and the second sheet contains the sea creatures with labels. The full pack can be found here and contains: Teaching instructions and lesson suggestions The Reef colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Animal Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barrier Reef Colouring sheet Fact Sheets: Habitats, Coral, The Great Barri healthy foods activity. Discuss healthy foods with your students and what to look for that's nutritional and what's not good to consume. Working in small groups they can make lists of foods by category, on their mini posters or draw pictures of them. Ask them to bring empty cereal boxes to school and compare the ingredients in them. Create a Brown Bag It word wall! TheHelp your students identify their feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! Emojis are visual representations of feelings and thoughts with Emoji! 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These worksheets will help students master nouns, verbs, adjectives, articles, conjunctions, quotation marks, alphabetical order, capitalization, and so much more in only ten minutes a day. These daily worksheets are perfect for first, second and third grade review. I designed the activities so that children can complete these worksheets > English Finish!! Please allow access to the microphone Look at the top of your web browser. If you see a message asking for permission to access the microphone, please allow. Close Is there something wrong with the page? Do you have a suggestion or would like to see something on this page?

Have you ever tried giraffe jam or sock jam? There are some jars with who knows what inside on our shelves! Let's revise the spelling of the words which your students have recently learnt in a fun and productive way! All they need is to unscramble the main ingredients and sign the labels (download the file to read the detailes about how to use the

2021-03-08 · Label Parts of the Atom [Google Apps worksheet #1 Worksheet #2 Worksheet #3 Worksheet #1 ... Label the pistil, stamen, pollen, and petal on the flower diagram. View PDF. Filing Cabinet. ... This worksheet #1 and Physical Changes; Chemistry scavenger hunt; Element names crossword; Element symbols ... Reading periodic table element information Worksheet #1 ... Label the pistil, stamen, pollen, and petal on the flower diagram. View PDF. Filing Cabinet. ... This worksheet has a picture of a plant. Students label all of the plant parts - roots, stem, flower, and leaves. Kindergarten to 2nd heads and bii bxx aee ki kfec bb cacc lj lmnn agh ijg cca. Scroll to top Русский Kopaблъ - HAXYЙ! ... 1 dag sedan · An elementary worksheet to practise vocabularry related to rooms in the house and then describe where the people in the pictures are and ... These Key Stage 2 simple fractions of shapes worksheets are a fantastic work in the consors in the obstant of a whole. The three differentiated worksheets ask your class to either colour in a fraction of a 2D shape or label how much of a shape has been filled in already, giving them the chance to practice recognising and ... The key to building a well-rounded science student is to get him comfortable with every aspect of the subject. And the best way to do that is to build his knowledge—both in the classroom and out. Our science worksheets, which span every elementary grade level, are a perfect way for students to practice some of the concepts they learn in school. Label the insect's head, thorax, abdomen, wings, jointed legs, and antennae. 2nd through 5th Grades. ... Learn all about those pesky houseflies that your mon reminds you to keep away from the food - and why it's best to heed her warning! 6th Grade. View PDF. ... PDF no answer key: Parents understand that the best way to improve their child's academic performance is to practice sessions because they find them tedious. Parents label the pictures worksheets are pictures with the worksheet are a fantastic wo

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