



Handout 1.11: Label Scavenger Hunt

Lesson: 1.11 Label Detective, Day 1 **Print:** Pages 1 to 3, one per student. Page 4 (five written-out labels) only if real packages are not available; one per station.

Page 1: The parts of a label

Name: _____ Date: _____ Period: _____

Directions: As we walk the label on the screen, write the name of each part on the line next to its letter.

Nutrition Facts	
(A) _____	servings per container
(B) _____	Serving size

Amount per serving	
(C) _____	Calories

(D) _____	%
Total Fat	_____g _____%
Saturated Fat	_____g _____%
Trans Fat	_____g _____%
Cholesterol	_____mg _____%
(E) Sodium	_____mg _____%
Total Carbohydrate	_____g _____%
(F) Dietary Fiber	_____g _____%
Total Sugars	_____g _____%
(G) Includes _____g	Added Sugars _____%
Protein	_____g

Vitamin D, Calcium, Iron, Potassium	

A. _____ (how many servings in the whole package) B. _____ (the amount all the numbers describe) C. _____ (energy in one serving) D. _____ (how much of a full day one serving gives, based on 2,000 calories) E. _____ (a nutrient to get less of; salt) F. _____ (a nutrient to get more of; keeps you full) G. _____ (sugar the company put in)

Word bank: serving size, servings per container, calories, percent daily value, sodium, dietary fiber, added sugars.

From the label on the screen: Serving size _____ Calories _____ Three nutrients and their amounts: _____, _____, _____

The 5 and 20 rule. 5% DV or less is LOW. 20% DV or more is HIGH.

- Low is good for the get less list: saturated fat, sodium, added sugars.
- High is good for the get more list: dietary fiber, vitamin D, calcium, iron, potassium.

Practice on the screen label: Sodium is _____% DV, so it is low / in between / high. Fiber is _____% DV, so it is low / in between / high.



The servings trap. If the package has ____ servings and you eat the whole package, multiply every number by ____.

Screen label: calories in the whole package = ____ x ____ = _____. Sodium in the whole package = ____ x ____ = _____ mg.

Page 2: The hunt, part 1: record the facts

Directions: Your station has five packages. Read the Nutrition Facts on each one. Fill in one row per package. Serving size first, then everything else.

Package name	Serving size	Servings per container	Calories per serving	Sodium (mg and % DV)	Added sugars (g and % DV)	Dietary fiber (g and % DV)
1.						
2.						
3.						
4.						
5.						

Page 3: The hunt, part 2: find it

Directions: Use your table. Every answer needs a package name AND a number. A number is evidence. “It looks unhealthy” is not.

1. Which package has the MOST sodium per serving? Package: _____ Number: _____ mg (_____% DV)
2. Which package has the FEWEST servings per container? Package: _____ Number: _____
3. Find one package with 20% DV or more of anything. Package: _____ Nutrient: _____ % DV. Is that good or bad for this nutrient? Why? _____
4. Find one package with 0 g added sugars. Package: _____ (If none, write “none at this station” and name the lowest: _____ g.)
5. Which package has the MOST dietary fiber per serving? Package: _____ Number: _____ g (_____% DV)
6. Which package would you pick for an after-school snack? Package: _____ Two numbers that back you up: _____ and _____

Grade 8 stretch: pick a package that gives fiber in grams only. Compute the % DV: grams _____ divided by 28, times 100 = _____. Does your answer match the label? _____

Page 4: Five written-out labels (use only if there are no real packages)

Package 1: Frosted Corn Flakes cereal. Serving size 1 cup (37 g). Servings per container about 10. Calories 140. Total fat 0 g (0%). Sodium 180 mg (8%). Total carbohydrate 34 g (12%). Dietary fiber 1 g (4%). Total sugars 13 g. Includes 13 g added sugars (26%). Protein 1 g. Iron 8 mg (45%). Front says: “Fat free. Good source of 8 vitamins and minerals.”

Package 2: Classic Potato Chips, party size bag. Serving size 1 oz (28 g, about 15 chips). Servings per container about 13. Calories 160. Total fat 10 g (13%). Saturated fat 1.5 g (8%). Sodium 170 mg (7%). Total carbohydrate 15 g (5%). Dietary fiber 1 g (4%). Total sugars less than 1 g. Added sugars 0 g (0%). Protein 2 g. Potassium 350 mg (8%). Front says: “Made with real potatoes. Gluten free.”

Package 3: Chicken Noodle Soup, condensed can. Serving size 1/2 cup condensed (120 mL). Servings per container about 2.5. Calories 60. Total fat 1.5 g (2%). Sodium 890 mg (39%). Total carbohydrate 8 g (3%). Dietary fiber 1 g (4%). Total sugars 1 g. Added sugars 0 g (0%). Protein 3 g. Front says: “Made with real chicken.”

Package 4: Blue Sports Drink, 32 oz bottle. Serving size 12 fl oz (360 mL). Servings per container about 2.5. Calories 80. Total fat 0 g. Sodium 160 mg (7%). Total carbohydrate 21 g (8%). Dietary fiber 0 g. Total sugars 21 g. Includes 21 g added sugars (42%). Protein 0 g. Potassium 45 mg (0%). Front says: “Electrolytes. Rehydrate and refuel.”

Package 5: Oats and Honey Granola Bars, box of 6 packs. Serving size 2 bars (42 g). Servings per container 6. Calories 190. Total fat 7 g (9%). Saturated fat 1 g (5%). Sodium 160 mg (7%). Total carbohydrate 29 g (11%). Dietary fiber 2 g (7%). Total sugars 11 g. Includes 11 g added sugars (22%). Protein 3 g. Iron 1 mg (6%). Front says: “100% natural whole grain oats. No high fructose corn syrup.”