

Name _____ Class Period _____ Score _____ /30



Cereal Label Activity



Use the cereal box to answer the following label questions. The numbers in parentheses represent how many points each question is worth.

1. The cereal brand name is (1) _____.

2. The manufacturer's name and their address, e-mail, and/or web-site is (2)

3. Describe the pictures on the cereal box. (2)

Front: _____

Back: _____

4. The net weight is _____ (1). (Be sure to include the unit.)

5. The date this cereal is best used by is (1) _____.

6. The size of each serving is _____ (include unit)

and the number of servings per container is _____ . (2)

7. There are _____ calories in 1 serving without milk and _____ calories in a serving with 1/2 cup of milk. (2)

8. This cereal has _____ grams of sugar in 1 serving and _____ total grams of sugar in the entire box of cereal. (2)

9. Of which nutrients will you get 25% or more from eating 1 serving of this cereal with 1/2 cup of milk? (2)

10. How much fat is in a serving of cereal without milk? _____ grams (1)

11. Another word for sodium is _____ and a serving of cereal provides _____ (mg) milligrams. (2)

12. There are _____ grams of protein and _____ grams of fiber in a serving of cereal with milk. (2)

13. The first 2 ingredients are _____ and _____. (2)

14. There are _____ ingredients and the last one is _____. (2)

15. Name one ingredient that is new to you: (1) _____

16. What is the caption under the cereal name? (1) _____

17. A recipe, game, or prize on the box is for (1) _____

18. Would this cereal be a healthy choice for a young child? _____

Why or why not? (2) _____

19. What does a piece of this cereal look like? Draw it here. (1)