



Nutrition Facts Scavenger Hunt

Name: _____ Date: _____

Directions:

1. Select two foods or beverages (at least one item being a beverage) from your refrigerator or pantry.
2. Copy the product information from the Nutrition Facts label into the sample labels below.
3. Answer the questions below each label.
4. Bring your labels back to class for discussion.

Product Name: _____

Nutrition Facts		
Serving Size		
Servings Per Container		
Amount Per Serving		
Calories	Calories from Fat	
% Daily Value*		
Total Fat	g	%
Saturated Fat	g	%
Trans Fat	g	
Cholesterol	mg	%
Sodium	mg	%
Total Carbohydrates	g	%
Dietary Fiber	g	%
Sugars	g	
Protein	g	
Vitamin A	%	• Vitamin C %
Calcium	%	• Iron %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		

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1. How many servings are in the product? _____
2. Calculate the total calories in this product: _____

$\text{Calories per serving} \times \text{Number of servings} = \text{Total calories}$ <p style="text-align: center;">_____</p>

3. Calculate the total grams of sugar in this product: _____

$\text{g Sugar per serving} \times \text{Number of servings} = \text{Total sugar}$ <p style="text-align: center;">_____g _____g</p>
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This material was adapted with permission from the Nutrition Education and Obesity Prevention Branch—Rethink Your Drink Campaign of the California Department of Public Health. Food Hero is funded by OSU Extension and USDA SNAP. These are equal opportunity providers and employers. For information on nutrition assistance through Oregon SNAP, call 800-723-3638.