**Food Label Scavenger Hunt: Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Per:\_\_\_\_\_\_\_\_\_**

**BLUE – MAIN MEALS**

1. Which one has less **Calories**? Costco pizza, or a Costco hot dog for lunch. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. People with high blood pressure should watch their sodium. The maximum per day is 2400 mg. Compare the **Sodium** in these 2 foods:

DQ Chicken Strip Basket:\_\_\_\_\_\_\_\_\_\_\_mg.\_ Kraft Macaroni and Cheese:\_\_\_\_\_\_\_\_\_\_\_\_\_mg\_

3. What % fat are the following foods?: (put **Calories from Fat** into your calculator and divide by **Calories**

Lasagna:\_\_\_\_\_\_\_\_\_% Healthy? Circle: yes or no *(hint: no more than 35% of total daily calories should come from fat)*

Croissan’wich:\_\_\_\_\_\_\_\_ % Healthy? Circle: yes or no *(hint: no more than 35% of total daily calories should come from fat)*

4. Which has less total fat – Chicken McGrill or Crispy Chicken? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. I want to have salad dressing on my salad at McDonalds. Which one has the least amount of both **Calories** and **Total Fat**? 1) Creamy Caesar, 2) Ranch, or 3) Cobb \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Which of all the Main Meals in this section has the highest number of **Calories**?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Is McDonald salad less or more calories than a Big and Tasty burger? List calories here:

Salad Calories:\_\_\_\_\_\_\_\_\_\_\_\_\_ Big and Tasty Burger: \_\_\_\_\_\_\_\_\_\_\_\_

**BLACK – BEVERAGES**

1. Let’s compare Coke and Mt. Dew: Which one has:

more **Calories**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more **Sugar**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more **Sodium**?\_\_\_\_\_\_\_\_\_\_\_\_\_

2. The ingredient to worry about in beverages is **SUGAR**! How many teaspoons of sugar are actually in the Chocolate Shake? \_\_\_\_\_\_\_tsp. (Hint: Put **Sugar Grams** into your calculator divide by 4)

3. How many teaspoons of sugar are in each of the following foods?: (**Sugar Grams** divided by 4)

Caramel Frappuccino:\_\_\_\_\_\_\_\_\_\_\_ teaspoons Orange Juice:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ teaspoons

Coca Cola:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ teaspoons Orange Soda \_\_\_\_\_\_\_\_\_\_\_\_\_\_ teaspoons

**ORANGE – BREAKFAST**

1. Circle which has the higher % fat: (Hint: put **Calories from Fat** into calculator and divide by

**Total** **Cal.)** Circle:Banana Nut Muffin or Glazed Yeast Doughnut

2. How many packets of Instant Oatmeal could I eat + still have less **Calories** than the Cinnabon?:\_\_\_\_\_\_\_\_\_(Hint: Put Cinnabon **Calories** into your calculator and divide by **Calories** in 1 packet of Oatmeal)

3. Let’s compare bacon and sausage. Are the serving sizes similar? Circle: yes or no.

Which has more **Calories**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_. If you ate 4 sausages, how many **Calories** would

you eat?\_\_\_\_\_\_\_\_\_\_ (Hint: multiply **Calories** by 4)

4. We should get some **Carbohydrates** for energy in the morning-would a PopTart be a good source?

What % of the Pop-Tarts’s **Total Carbs** are sugar? (hint: put **Sugars** into your calculator and divide by **Total Carbs**):\_\_\_\_\_\_\_\_\_\_ % Are PopTarts healthy? Circle: yes or no

*(Hint: no more than 10 % Total Carbs per day should come from sugars)*

5. What % fat is the Carnation Breakfast Bar?:\_\_\_\_\_\_\_% (Hint: put **Calories from Fat** into your calculator + divide by **Calories**) Healthy? :Circle: yes or no *(hint: no more than 35%)*

**PURPLE – DESSERTS**

1. Which of the all the desserts has the highest number of **Calories**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How many **Calories** less is Ben & Jerry’s Frozen Yogurt compared to B & J’s Double Chocolate? \_\_\_\_\_\_\_ Is a 1/2 cup of ice-cream a realistic serving size for you? Circle: yes or no

3. How much **Total Fat** do the Cherry Twizzlers have? \_\_\_\_\_\_\_\_\_\_g People often think food with no fat is automatically good for them, but if I love Twizzlers and I eat 20 of them, how many **Calories** will I eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. {REMEMBER: low-fat doesn’t mean low calorie}

4. When I start eating Oreos, I can’t stop!. If I eat 12 cookies, how many **Calories** will I eat?\_\_\_\_\_\_\_\_\_\_\_\_ (Did you do it right - Hint: 3 cookies is one serving, so multiply by 4…)

And how much **Total Fat** will I eat if I eat 12 Oreos?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_g

5. I’m deciding between a Snickers and piece of Cheese Cake. Which one has less Calories?\_\_\_\_\_\_\_\_\_

**BROWN – SNACKS**

1. Let’s say I am a vegetarian and I don’t eat meat. I need to read my food labels and make sure I get enough **Protein**. Which of all snacks has the most **Protein** in one serving? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. I am deciding between Dannon Light Yogurt and Dannon regular Blueberry, they are both 4 oz. Which one should I choose and give 3 reasons why? Choose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because: 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ It’s all about making wise choices. Reading labels can SAVE YOU CALORIES & FAT!!

3. A banana is only a few calories less than 12 potato chips, but why else is it a healthier choice than Ruffles Potato Chips?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Which has **less** Saturated Fat (the bad kind!) Almonds or Microwave Popcorn: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_