

Grocery Store Scavenger Hunt

Use the *Facts Up Front* product labels to answer the questions below.

1. Find a canned green vegetable. How many calories does it have per serving?



2. If you were to eat one serving of whole wheat angel hair pasta and one serving of crushed tomatoes, how many calories would you be eating? Crushed tomatoes are a “good source” of what nutrient?



3. Compare regular apple sauce with unsweetened apple sauce. Which has more calories? How much sugar is found in regular apple sauce?



4. How much saturated fat is found in sun-dried raisins?



5. Compare Honey Nut Cheerios with regular Cheerios. Which one has more calories per serving? Which cereal has a larger serving size? Both cereals are considered a “good source” of what nutrient?



6. Compare frosted blueberry Toaster Pastries and frosted chocolate Toaster Pastries. What are 2 differences in the information on the *Facts Up Front* labels?



7. Compare 3 types of snack crackers. Which would you choose to eat and why? Use the *Facts Up Front* labels to help inform your decision.



8. Oatmeal is considered a good source of what nutrients?



9. How many calories are in one serving of strawberry yogurt? How much sugar is found in one serving?

