



Presents



Group Challenge – Nutrition Labels

1. Which food is very high in sodium?
2. Which food is a good source of fibre?
3. Which food has 6-7 tsp of sugar?
4. How many calories would there be in 1 cup of yogurt?
5. Name a food with a good source of protein.
6. Name a food with a good source of protein and fiber.
7. Name 3 foods with a good source of Vitamin C.
8. Which food has the most sugar?
9. How much fat is there in ½ cup of potato leek soup?
10. Which food has 50% of your Daily Value of iron?
11. Which food has the most saturated fat?
12. Name 3 foods with a good source of calcium.
13. Which foods have trans fats?
14. Give 3 examples of good snacks.

Using the foods on the table, decide what to eat for TWO healthy:

a) Breakfasts

b) Lunches

c) Dinners

d) Desserts

Bonus question:

What foods would you have to eat in order to fulfill your daily fibre requirement and what is that fibre requirement?

