



Name: _____

Pre-Test

Directions:

Circle the correct word to fill in the blank.

- Eating fruits and vegetables give you _____ to think and play.
a. energy b. time c. calcium
- Chicken, turkey and _____ are all examples of lean sources of protein that help build strong muscles.
a. potatoes b. fish c. whole grains
- _____ grains give you more fiber and vitamins because they have all parts of the grain kernel.
a. Red b. Cereal c. Whole
- You should drink at least six cups of _____ every day.
a. soda b. water c. juice
- Regular sodas have a lot of _____, but no vitamins or minerals to keep your body healthy.
a. protein b. sugar c. fat
- Dairy foods like milk, string cheese and yogurt give you _____ and vitamin D for strong bones and teeth.
a. calcium b. vitamin C c. vitamin A

Nutrition Facts Panel

The Nutrition Facts Panel can be found on the packages of most foods. It tells us important information about the foods we eat.

Use the nutrition label to answer the following questions about the Macaroni and Cheese Dinner.

Macaroni and Cheese Dinner

Nutrition Facts	
Serving Size 1 cup Servings Per Container 2.5	
Amount Per Serving	
Calories 360	Calories from Fat 140
% Daily Value*	
Total Fat 14 g	21%
Saturated Fat 9 g	45%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 590 mg	25%
Total Carbohydrate 41 g	14%
Dietary Fiber 3 g	10%
Sugars 5 g	
Protein 14 g	0%
Vitamin A 15%	Vitamin C 2%
Calcium 25%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calories needs.

7. What is the serving size?

8. How many servings are in this package?

9. What is the percent of calcium found in this food product?

10. Is this made with whole grain pasta?

Ingredient List:

Enriched wheat pasta, milk, cheese, spices