

March 23, 2020

Parents/ Guardians,

Enclosed you will find work for this week. Please return your Activity sheet to school the following Monday. If you have any questions you may email me at mmaurin@stpeterreserve.org from 9 am to 11am & 1pm to 3pm Mondays -Fridays.

I would appreciate it if you let your child do the sheet by him/herself. Please ask them to write/print legibly. All sheets will be graded.

Please have them continue to work on the SPS Fitness Challenge items. These items will be tested when they return to school.

Thank you for your help during this time.

Romans 8:31 *"What then shall we say to these things? If God is for us, who can be against us?"*

Ms. Beazie



Name _____

Date _____

Comparing Food Labels

Study the charts. Then answer the questions.

FOOD 1		FOOD 2	
Nutrition Facts		Nutrition Facts	
Serving size 1.4 oz. (about $\frac{3}{4}$ cup)		Per Portion	
Servings per container 8		Portion size 1 slice (28 g)	
		Portions per container: 16	
	With $\frac{1}{2}$ cup		
	Cereal	Skim Milk	
Calories	120	160	Calories
Protein	3 g	7 g	Protein
Carbohydrate	31 g	37 g	Carbohydrate
Fat	1 g	1 g	Fat
Sodium	230 mg	290 mg	Cholesterol
Potassium	260 mg	460 mg	20 mg (0.02 g)
INGREDIENTS: WHEAT BRAN, WHOLE WHEAT, RAISINS, SUGAR, CORN SYRUP, SALT		INGREDIENTS: BEEF, WATER, SALT, CORN SYRUP, FLAVORING, DEXTROSE, ASCORBIC ACID (VITAMIN C), SODIUM NITRITE	

1. To which food group does Food 1 belong?

Food 2?

2. Which food is high in carbohydrates? How can you tell?

3. Which food could a person on a salt-free diet eat?

4. Why does Food 2 contain sodium nitrite?

5. Why is the nutritional information given in two columns for Food 1?
