Nutrition Label Detective Worksheet

Ages 9–12 · Name: _____

Be a label detective

Use the practice labels to answer the questions. All numbers are for ONE serving.

Quick guide to % Daily Value (%DV): 5% or less is LOW. 20% or more is HIGH.

Nutrition Facts

About 9 servings per container

Serving size	**1 cup (45g)**
Calories	**160**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 5g	
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 3.6mg	20%
Potassium 190mg	4%

Practice label for a made-up cereal called Crunchy Oat Squares.
Not a real product.

INGREDIENTS: Whole grain oats, whole grain wheat, sugar, brown rice syrup, sunflower oil, salt, cinnamon, calcium carbonate, reduced iron, vitamin D3. CONTAINS: WHEAT.

1. How many servings are in the whole box?

2. If you ate 2 cups, how many grams of added sugars would that be? What %DV?

3. Which nutrient on this label has 20% DV or more (HIGH)?

4. Name two nutrients that are 5% DV or less (LOW).

5. Is dietary fiber low, high, or in between? How do you know?

6. Ingredients are listed from the most to the least by weight. What is the first ingredient? Is it a whole grain?

7. Find two names for added sugar in the ingredient list.

8. Which major food allergen does the CONTAINS statement name?

Nutrition Facts

About 12 servings per container

Serving size	**3/4 cup (30g)**
Calories	**120**
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 40mg	0%

Practice label for a second made-up cereal called Honey Puff Rounds. Not a real product.

INGREDIENTS: Rice flour, sugar, honey, corn syrup, salt, reduced iron, vitamin D3.

9. Look at a real package your teacher or grown-up gives you. Write its serving size and its Added Sugars %DV.

10. Compare one serving of each cereal. Which has more Added Sugars? Is that amount LOW or HIGH by %DV?

11. The two serving sizes are different (1 cup and 3/4 cup). Why does that matter when you compare the labels?

12. Write one question you still have about food labels.

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Answer key — Nutrition Label Detective Worksheet

Question	Answer
1	About 9 servings
2	16g added sugars, 32% DV (8g × 2 and 16% × 2)
3	Iron (20% DV)
4	Any two: total fat (4%), saturated fat (3%), cholesterol (0%), potassium (4%)
5	In between: 18% DV is more than 5% and less than 20%, so it's close to high
6	Whole grain oats. Yes, it starts with the word "whole."
7	Sugar and brown rice syrup
8	Wheat
9	Answers will vary
10	Honey Puff Rounds: 12g added sugars, 24% DV, which is HIGH (Crunchy Oat Squares has 8g, 16% DV)
11	All numbers are for one serving. A 3/4 cup serving is smaller than 1 cup, so cup for cup the difference in added sugars is even bigger than the labels show
12	Answers will vary