



## Vending Machine Munchies

Be ready for times when you are bored or get the munchies and head for the vending machine.

**1** The next two pages include a list of foods that you might find in a vending machine. Pick 3 foods from **each section** of foods listed. Estimate the amount of phe in each. Write your estimate in the Step 1 column.

**2** Use the Food List to find the actual amount of phe in each of the foods you chose. Write the actual amount in the Step 2 column.

**3** Look at the foods again:

What can you eat that is a 'free' food? \_\_\_\_\_

What can you eat that is a 'yes' food? \_\_\_\_\_

How much? \_\_\_\_\_

**4** Circle the foods that would be good choices in the future.

For which of the foods was your estimation most accurate? \_\_\_\_\_

\_\_\_\_\_

For which of the foods was your estimation least accurate? \_\_\_\_\_

\_\_\_\_\_

Do you tend to over-estimate or under-estimate? \_\_\_\_\_

For which of the foods do you think it is the most important to be accurate in estimating portion sizes? Why?

\_\_\_\_\_

\_\_\_\_\_



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FOOD	AMOUNT (1 package)	STEP ①: Estimated phe	STEP ②: Actual phe
<b>SECTION A</b>			
Doritos, nacho cheese	50 gm		
Sun Chips, harvest cheddar	43 gm		
Ruffles, cheddar cheese and sour cream	43 gm		
TGI Friday's Potato Skins, cheddar and bacon	50 gm		
Lay's Kettle Chips, jalapeno	38 gm		
Cheetos	60 gm		
Fritos	64 gm		
Rold Gold Pretzels, tiny twists	64 gm		
Maui Kettle Style Potato Chips	42 gm		
<b>SECTION B</b>			
Knott's Berry Farm Raspberry Shortbread	57 gm		
Grandma's Peanut Butter Cookies	78 gm		
Grandma's Oatmeal Raisin Cookies	78 gm		
Famous Amos Chocolate Chip Cookies	56 gm		
Keebler Elfin Crackers	60 gm		
PopTart, strawberry	104 gm		
Cheez-its, Sunshine	56 gm		
Trail Mix (nuts, raisins, sunflower seeds)	64 gm		
Cheese Crackers with Peanut Butter	39 gm		



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FOOD	AMOUNT (1 package)	STEP ①: Estimated phe	STEP ②: Actual phe
<b>SECTION C</b>			
M & M's, peanut	50 gm		
Hershey's Milk Chocolate with Almonds	41 gm		
Reese's Peanut Butter Cups	42 gm		
Snickers	55 gm		
Twix	57 gm		
3 Musketeers	60 gm		
Planter's Peanuts	49 gm		
Starburst	59 gm		
Nature Valley Granola Bar	42 gm		
Skittles	62 gm		
<b>SECTION D</b>			
Gummy Bears	127 gm		
Popcorn, Act II microwave, light butter	85 gm		
Red Vines Licorice	114 gm		
Dole Tropical Fruit Bowl	88 gm		
Marietta's Vanilla Crème Cookies	142 gm		
Life Savers	20 gm		
CinnaBurst Gum	7 sticks		
MintaBurst Gum	7 sticks		
Carefree Gum, sugar-free	6 sticks		



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