

Reading Labels Activity



Visit each of the four stations set up around the room. Fill in the blanks on this activity sheet.

Station #1: Estimate phe from label.

Using the food label (and a trick from your label-reading worksheet), estimate the amount of phe in each of the foods at this station.

- Food 1: _____
- Food 2: _____
- Food 3: _____

Station #2: What food is this?

Guess what food these labels came from.

- Food 1: _____
- Food 2: _____
- Food 3: _____

Station #3: How much phe is in this meal?

Use your phe-estimating skills (and a calculator, if you need one) to estimate how much phe is in each of these meals.

Meal 1

Food	No. of gms	mg phe/gm food	mg phe
TOTAL:			_____ mg phe



Meal 2

Food	No. of gms	mg phe/gm food	mg phe
TOTAL:			_____ mg phe

Meal 3

Food	No. of gms	mg phe/gm food	mg phe
TOTAL:			_____ mg phe

Station #4: What's in the bag?

Reach into the bag. Guess what is inside (no peeking!). How much phe is in the bag?



- | | What is in the bag? | How much phe? |
|----------|---------------------|---------------|
| • Bag #1 | _____ | _____ |
| • Bag #2 | _____ | _____ |
| • Bag #3 | _____ | _____ |
| • Bag #4 | _____ | _____ |
| • Bag #5 | _____ | _____ |



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