

## Health

### Food Label Activity

Target: Prevent health problems associated by eating unhealthy foods and substitute them with healthy foods.

Task: Find Any 2 food labels in your house and compare the two. Answer the following questions and determine which of the two foods is healthier.

1. Please name me the two food labels you are using?
2. Which food label has more total fat?
3. Which food label has more Carbohydrates?
4. If you were to eat two servings of each food which food would have more calories? How many calories would you have consumed?
5. What is a Calorie?
6. How many servings per container are in each of the food labels?
7. Which of the two foods do you think is healthier and why?