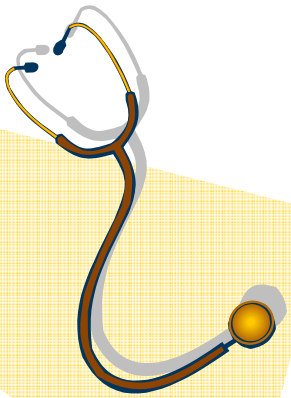
HS – Activity #1

Hey, Read the Label!



QUESTION: How do common serving sizes compare to recommended serving sizes?

MATERIALS:

cereal boxes
cereal bowl
measuring cup - 1 set

PROCEDURE:

1. Get a box of cereal and pour in a serving of cereal. Write the name of the cereal in the Data table.
2. Use the measuring cup to determine the amount of your serving. Record the amount in the Data table.
3. Calculate the percentage of the recommended serving of the cereal you have poured out. Record the percentage in the Data table.
4. Based on the size of your serving (percent of the recommended serving), calculate the amount of calories, fat, etc. that you would get in your serving.
5. Get a second box of cereal and repeat Steps 1-4, **BUT** this time have a different person from the group determine the serving size that is poured into the bowl.
6. Get a third box of cereal and repeat Steps 1-4, with still a different person determining the serving size that is poured into the bowl.

DATA:

	CEREAL 1	CEREAL 2	CEREAL 3
Serving size			
% of recommended serving			
Calories			
Carbohydrates			
Fats			
Proteins			

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QUESTIONS:

1. How did the servings your group poured out compare with the recommended serving sizes?

2. How much does a recommended serving size fill up the cereal bowl?

3. Do you think most people eat the recommended serving size of cereal? Why do they or don't they?

4. Some people think that if they eat larger servings or more than one serving, they are getting more of the important minerals and vitamins provided by the cereal. What potential problems can come from this practice?

5. Rate the cereals you investigated from highest to lowest in relation to the amount of sugar/serving.

6. Rate the cereals you investigated from highest to lowest in relation to calories/serving.

7. Rate the cereals you investigated from least healthy to most healthy.

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