



Nutrition Facts Worksheet

“Read the Labels!”

1. If you eat 21 crackers, how many servings is that? _____
2. If you eat 21 crackers, how many calories is that? _____
3. How much fat is in 1 serving? _____
4. How much fat is in 2 servings? _____
5. How many carbohydrates are in 3 servings of crackers? _____
6. How much protein in 1 serving? _____
7. Is that enough protein for one day? _____
8. How many servings do you think you should have of these crackers in one day? _____
9. Is this a nutritious snack? _____
10. Why? Or Why Not?

