Name: _____ Date: _____

The Serving Size Trap on the Snack Bag

Circle group

Turn over a bag of chips and you will see a box of facts. It is the nutrition label. It lists calories, fat, sugar, salt, and more. The numbers help you choose. But they are easy to read the wrong way. The most common mistake is at the top.

Right under the title, the label tells you the serving size. It also tells you how many servings are in the package. A serving is a set amount of food. It lets us compare foods. Every number on the label, including calories, is for one serving. It is not for the whole bag.

Say a bag of pretzels has 100 calories per serving. It holds three servings. If you eat the whole bag, you ate three servings. So the calories, salt, and sugar are three times as much. The label is not false. It just shows a smaller amount than many people eat.

Here are some tips. Look at the servings in the package first. When you compare two foods, look at the same amount of each. Read the ingredient list. It names the contents from most to least. If sugar is near the top, the food has a lot of sugar.

A label is a tool. It will not tell you if you are hungry. But it gives you real facts to choose with.

Questions

1. What facts are on a nutrition label?

_____

_____

2. Where does the label show the serving size?

_____

_____

3. How many servings are in the bag of pretzels?

_____

_____

4. In what order does the ingredient list name the contents?

_____

_____

5. If you eat the whole bag of pretzels, what happens to the label numbers?

_____

_____

6. Why is the label not false when people eat more than one serving?

_____

_____

7. Why should you look at the same amount of two foods when you compare them?

_____

_____

Words to know

nutrition: the food substances that your body needs to grow and work
calories: units that measure the energy in food
serving: a set amount of food counted as one portion
package: a box, bag, or wrapper that holds a product
ingredient: one of the foods that a recipe or product is made from

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Serving Size Trap on the Snack Bag

Triangle group

Flip over a bag of crackers or chips and you will find a box of facts called the nutrition label. It lists calories, fat, sugar, salt, and more. These numbers help people make choices, but they are easy to misread, and the most common mistake happens at the very top of the label.

Right under the title, the label tells you the serving size and how many servings are in the package. A serving is a set amount of food chosen so that products can be compared. Every number below it, including the calories, belongs to one serving, not to the whole bag.

Suppose a bag of pretzels lists 100 calories per serving and says the package holds three servings. If you eat the entire bag, you have eaten three servings, so you have taken in three times the numbers on the label. The calories, salt, and sugar all triple. Nothing on the label is false. It is simply describing a smaller amount than many people actually eat.

Here are some habits that make labels easier to use. Look at the servings per package before anything else. Compare two similar foods by looking at the same amount of each. Check the ingredient list, which names the contents in order from the largest amount to the smallest. If sugar is near the top, the food has a lot of it.

A label is a tool, not a rule. It will not tell you how a food tastes or whether you are hungry. But reading it carefully lets you decide with real information instead of guesses.

Questions

1. What facts does a nutrition label list?

_____

_____

2. Where does the label tell you the serving size?

_____

_____

3. In the example, how many servings are in the bag of pretzels?

_____

_____

4. In what order does the ingredient list name the contents?

_____

_____

5. If you eat the whole bag in the example, what happens to the numbers on the label?

_____

_____

6. Why is the label not false when people eat more than one serving?

_____

_____

7. Why should you look at the same amount of two foods when you compare them?

_____

_____

Words to know

nutrition: the food substances that your body needs to grow and work
calories: units that measure the energy in food
serving: a set amount of food counted as one portion
package: a box, bag, or wrapper that holds a product
ingredient: one of the foods that a recipe or product is made from

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Serving Size Trap on the Snack Bag

Square group

Turn over a bag of crackers or chips and you will discover a rectangle of information known as the nutrition label. It itemizes the calories, fat, sugar, salt, and other contents. These figures can help people make sensible decisions, but they are surprisingly easy to misinterpret, and the most frequent error occurs at the very top of the label.

Immediately beneath the heading, the label states the serving size and the number of servings that the package contains. A serving is a standard amount of food, selected so that different products can be compared fairly. Every figure listed below it, the calories included, applies to a single serving rather than to the entire bag.

Suppose a bag of pretzels lists 100 calories per serving and indicates that the package holds three servings. If you finish the whole bag, you have consumed three servings, which means that you have taken in three times the amounts printed on the label. The calories, salt, and sugar all triple. Nothing on the label is untrue; it merely describes a smaller portion than many people actually eat.

Several habits make labels much easier to use. Check the number of servings in the package before anything else. When comparing two similar foods, examine the same quantity of each. Study the ingredient list, which names the contents in order from the greatest amount to the least. If sugar appears near the top, the food contains a great deal of it.

A label is a tool rather than a rule. It cannot reveal how a food tastes or whether you happen to be hungry. Nevertheless, reading it carefully allows you to decide with genuine information instead of guesswork.

Questions

1. What information does a nutrition label itemize?

_____

_____

2. Where does the label state the serving size?

_____

_____

3. How many servings does the bag of pretzels hold in the example?

_____

4. In what order does the ingredient list name the contents?

5. What happens to the label figures if you finish the whole bag in the example?

6. Why is the label not untrue when people eat more than one serving?

7. Why should you examine the same quantity of two foods when comparing them?

Words to know

nutrition: the food substances that your body needs to grow and work
calories: units that measure the energy in food
serving: a set amount of food counted as one portion
package: a box, bag, or wrapper that holds a product
ingredient: one of the foods that a recipe or product is made from

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: The Serving Size Trap on the Snack Bag

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: The Serving Size Trap on the Snack Bag

Easier · 223 words · Flesch-Kincaid grade 2.6

1. Calories, fat, sugar, salt, and more.
2. Right under the title, at the top.
3. Three servings.
4. From the most to the least.
5. They are three times as much, because you ate three servings.
6. It shows one serving, which is smaller than what many people eat.
7. It makes the numbers fair to compare.

Triangle: The Serving Size Trap on the Snack Bag

This passage · 263 words · Flesch-Kincaid grade 6.4

1. Calories, fat, sugar, salt, and more.
2. Right under the title, near the top.
3. Three servings.
4. From the largest amount to the smallest.
5. They triple, because you ate three servings.
6. It describes the amount of one serving, which is smaller than many people eat.
7. It makes the numbers fair to compare.

Square: The Serving Size Trap on the Snack Bag

Harder · 279 words · Flesch-Kincaid grade 9.2

1. The calories, fat, sugar, salt, and other contents.
2. Immediately beneath the heading, at the top.
3. Three servings.
4. From the greatest amount to the least.
5. They triple, because you consumed three servings.
6. It describes a single serving, which is smaller than what many people eat.
7. It makes the comparison fair.