

Nutrition Label Questions

Directions: Using the nutrition label from the snack you brought with you today, respond to the following items below. A 3-5 sentence response (one solid paragraph) is expected for each item. Consider what you learned from our class discussion as well as the label information.

1. What is your snack? How often would you say you have this snack? What logical argument can you develop that determines one of the following: it is acceptable to consume this snack several times a week OR it is NOT acceptable to consume this snack regularly?
2. Can you elaborate on the reason the manufacturer designed the label as they did? Why did they include the information they included? What message are they sending to you, the consumer?
3. How would you revise this label to clear up things that may have confused you when you first examined it?
4. Is this snack a healthy snack or not? What facts would you select to help you support the idea that this is OR is not a healthy snack?