

Savvy Shopping and Food Labels introduced **MUST BE TYPED**

PART A

Read Chapter 12. Copy pp 275 - 276 from your textbook. Complete the "test" and total up your score. A Then TYPE 2 short paragraphs and discuss the following:

a. How your score compared to the "perfect" score for each section and areas you need to make changes specifically based on what you have read in the chapter. (MUST BE TYPED)

b. Compare your total points to the perfect score of 75. What do you think is means about your food choices? (MUST BE TYPED)

STAPLE the written work to the "Test" you copied and completed

PART B Answer the following questions from your textbook

1. Define the RDI (RDA plus AI) and the DV. How is each of these used? See pp 122, 123 and 690.

2. On what calorie level is the DV and the percentages on the Food Label based?

PART C We will talk about nutrition labels in class - so to prepare, please answer the following questions:

1. How much of a food in a package do the Nutrition Facts on a food label apply to? (p 279)

2. What is the 5-20 Guide and how do you use it? Will it tell you if a food is good or bad? Explain. (top of p 279)

3. What are some terms that are on packages but that are NOT regulated? Top of p 286 under label confusion.