**NUTRITION LABEL WORKSHEET**

**Directions:**

1. Your assignment is to gather all of the nutrition label information from all of the ingredients used to make your specific energy bar.
2. Split your group into three smaller groups. Each group will take a page and work on those specific nutrients. Everyone will be working and collecting information.
3. First, you need to remember which type of cereal, dried fruit, nuts and chips you used in the recipe.
4. Next, go to each food item and record the nutritional information onto this worksheet.
5. For the ease of this assignment, just consider each ingredient to be measured in one serving size. Meaning, just record the numbers found on each label for each nutrient.
6. When you have gathered all of the information for each nutrient, use a calculator, total up the numbers and record them in the “Total” row at the bottom of the page.
7. Now take the “Nutrition Facts” template and fill in your information onto that label. Have your best hand writer do the recording. This is the label that will go on your box.
8. Turn in your completed nutrition label for safe keeping.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Calories** | **Calories from Fat** | **Total**  **Fat (grams)** | **Total Fat**  **(% DV)** | **Saturated Fat (grams)** | **Saturated Fat (% DV)** | **Trans Fat (grams)** | **Trans Fat**  **(% DV)** |
| **Cereal** |  |  |  |  |  |  |  |  |
| **Dried Fruit** |  |  |  |  |  |  |  |  |
| **Nuts** |  |  |  |  |  |  |  |  |
| **Chips** |  |  |  |  |  |  |  |  |
| **Oats** |  |  |  |  |  |  |  |  |
| **Brown Sugar** |  |  |  |  |  |  |  |  |
| **Honey** |  |  |  |  |  |  |  |  |
| **Vanilla** |  |  |  |  |  |  |  |  |
| **Peanut Butter** |  |  |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Cholesterol**  **(mg)** | **Cholesterol**  **(% DV)** | **Sodium**  **(mg)** | **Sodium**  **(% DV)** | **Total Carbohydrates**  **(grams)** | **Total Carbohydrates**  **(% DV)** |
| **Cereal** |  |  |  |  |  |  |
| **Dried Fruit** |  |  |  |  |  |  |
| **Nuts** |  |  |  |  |  |  |
| **Chips** |  |  |  |  |  |  |
| **Oats** |  |  |  |  |  |  |
| **Brown Sugar** |  |  |  |  |  |  |
| **Honey** |  |  |  |  |  |  |
| **Vanilla** |  |  |  |  |  |  |
| **Peanut Butter** |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Sugars**  **(grams)** | **Dietary Fiber**  **(grams)** | **Dietary Fiber**  **(% DV)** | **Protein**  **(grams)** | **Vitamin A**  **(% DV)** | **Calcium**  **(% DV)** | **Vitamin C**  **(% DV)** | **Iron**  **(% DV)** |
| **Cereal** |  |  |  |  |  |  |  |  |
| **Dried Fruit** |  |  |  |  |  |  |  |  |
| **Nuts** |  |  |  |  |  |  |  |  |
| **Chips** |  |  |  |  |  |  |  |  |
| **Oats** |  |  |  |  |  |  |  |  |
| **Brown Sugar** |  |  |  |  |  |  |  |  |
| **Honey** |  |  |  |  |  |  |  |  |
| **Vanilla** |  |  |  |  |  |  |  |  |
| **Peanut Butter** |  |  |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |  |  |