

Name \_\_\_\_\_

Date \_\_\_\_\_

## FOOD LABELS STUDENT WORKSHEET

Instructions:

- Identify the item in the picture.
- At each item, record the number of calories per serving and the number of calories from fat per serving.
- Calculate the percent of calories from fat. (“%” INDICATES PERCENT OF CALORIES FROM FAT)

Item 1 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 2 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 3 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 4 _____ _____ Cal. from fat _____ Calories _____ _____ %
Item 5 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 6 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 7 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 8 _____ _____ Cal. from fat _____ Calories _____ _____ %
Item 9 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 10 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 11 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 12 _____ _____ Cal. from fat _____ Calories _____ _____ %
Item 13 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 14 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 15 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 16 _____ _____ Cal. from fat _____ Calories _____ _____ %
Item 17 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 18 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 19 _____ _____ Cal. from fat _____ Calories _____ _____ %	Item 20 _____ _____ Cal. from fat _____ Calories _____ _____ %