




Do! L2: Mindless Munching | Student Worksheet

Sometimes we eat much more food than we think we are eating. Nutrition labels tell us what is in one serving of a food, but if we eat more than one serving we need to multiply everything on the nutrition label by the number of servings we ate.

Directions: Use the nutrition labels below to calculate how much is in the entire container.

<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; background-color: #8B4513; color: white; margin: 0;">Potato Chips (Plain, Salted)</p> <p style="font-size: small; margin: 0;">Nutrition Facts</p> <p style="text-align: center; margin: 0;">Ounces, 1</p> <p style="text-align: center; font-size: small; margin: 0;">Servings Per Container: 4</p> <hr/> <p style="font-size: x-small; margin: 0;">Amounts Per Serving</p> <p style="margin: 0;">Calories 149</p> <p style="margin: 0;">Calories from Fat 84</p> <hr/> <p style="text-align: right; font-size: x-small; margin: 0;">% Daily Value*</p> <p style="margin: 0;">Total Fat 9.5g 15%</p> <p style="margin: 0;">Saturated Fat 1g 5%</p> <p style="margin: 0;">Cholesterol 0mg 0%</p> <p style="margin: 0;">Sodium 148mg 6%</p> <p style="margin: 0;">Total Carbohydrate 15g 5%</p> <p style="margin: 0;">Fiber 1g 3%</p> <p style="margin: 0;">Sugars 0g</p> <p style="margin: 0;">Protein 2g</p> <hr/> <p style="font-size: x-small; margin: 0;">Vitamin A 0% • Vitamin C 10%</p> <p style="font-size: x-small; margin: 0;">Calcium 1% • Iron 2%</p> <p style="font-size: x-small; margin: 0;">*Percent Daily Values are based on a 2,000 calorie diet.</p> </div>	<p>Multiply by:</p> <div style="background-color: yellow; width: 100px; height: 15px; margin: 0 auto;"></div>	<p style="text-align: center;">The Whole Bag</p> <p>Calories: </p> <p>Fat: </p> <p>Sodium: </p> <p>Sugar: </p>	<p>Running Equivalent:</p> <p>80 minutes to burn off the whole container</p> <div style="text-align: center; margin-top: 20px;">  </div>
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; background-color: #8B4513; color: white; margin: 0;">Cola</p> <p style="font-size: small; margin: 0;">Nutrition Facts</p> <p style="text-align: center; margin: 0;">Fluid Ounces, 12</p> <p style="text-align: center; font-size: small; margin: 0;">Servings Per Container: 3</p> <hr/> <p style="font-size: x-small; margin: 0;">Amounts Per Serving</p> <p style="margin: 0;">Calories 151</p> <p style="margin: 0;">Calories from Fat 0</p> <hr/> <p style="text-align: right; font-size: x-small; margin: 0;">% Daily Value*</p> <p style="margin: 0;">Total Fat 0g 0%</p> <p style="margin: 0;">Saturated Fat 0g 0%</p> <p style="margin: 0;">Cholesterol 0mg 0%</p> <p style="margin: 0;">Sodium 15mg 1%</p> <p style="margin: 0;">Total Carbohydrate 39g 13%</p> <p style="margin: 0;">Fiber 0g 0%</p> <p style="margin: 0;">Sugars 40g</p> <p style="margin: 0;">Protein 0g</p> <hr/> <p style="font-size: x-small; margin: 0;">Vitamin A 0% • Vitamin C 0%</p> <p style="font-size: x-small; margin: 0;">Calcium 1% • Iron 0%</p> <p style="font-size: x-small; margin: 0;">*Percent Daily Values are based on a 2,000 calorie diet.</p> </div>	<p>Multiply by:</p> <div style="background-color: yellow; width: 100px; height: 15px; margin: 0 auto;"></div>	<p style="text-align: center;">The Whole Bottle</p> <p>Calories: </p> <p>Fat: </p> <p>Sodium: </p> <p>Sugar: </p>	<p>Running Equivalent:</p> <p>60 minutes to burn off the whole container</p> <div style="text-align: center; margin-top: 20px;">  </div>
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; background-color: #8B4513; color: white; margin: 0;">Toaster Pastry</p> <p style="font-size: small; margin: 0;">Nutrition Facts</p> <p style="text-align: center; margin: 0;">Pastry, 1</p> <p style="text-align: center; font-size: small; margin: 0;">Servings Per Container: 2</p> <hr/> <p style="font-size: x-small; margin: 0;">Amounts Per Serving</p> <p style="margin: 0;">Calories 199</p> <p style="margin: 0;">Calories from Fat 0</p> <hr/> <p style="text-align: right; font-size: x-small; margin: 0;">% Daily Value*</p> <p style="margin: 0;">Total Fat 5.5g 8%</p> <p style="margin: 0;">Saturated Fat 2g 9%</p> <p style="margin: 0;">Cholesterol 0mg 0%</p> <p style="margin: 0;">Sodium 199mg 9%</p> <p style="margin: 0;">Total Carbohydrate 35g 12%</p> <p style="margin: 0;">Fiber 1g 2%</p> <p style="margin: 0;">Sugars 14g</p> <p style="margin: 0;">Protein 2g</p> <hr/> <p style="font-size: x-small; margin: 0;">Vitamin A 10% • Vitamin C 0%</p> <p style="font-size: x-small; margin: 0;">Calcium 0% • Iron 10%</p> <p style="font-size: x-small; margin: 0;">*Percent Daily Values are based on a 2,000 calorie diet.</p> </div>	<p>Multiply by:</p> <div style="background-color: yellow; width: 100px; height: 15px; margin: 0 auto;"></div>	<p style="text-align: center;">The Whole Package</p> <p>Calories: </p> <p>Fat: </p> <p>Sodium: </p> <p>Sugar: </p>	<p>Running Equivalent:</p> <p>53 minutes to burn off the whole container</p> <div style="text-align: center; margin-top: 20px;">  </div>