

Chapter 10 • Lesson 4 Nutrition Labels and Food Safety

Reteaching Activity

Directions: This partial Nutrition Facts panel comes from a box of breakfast bars. Use the information in the panel to fill in the blanks in the statements below.

Nutrition Facts		<p>Serving Size and Serving Per Container used to calculate the nutrient and calorie content of a food.</p>														
<p>Serving Size: 1 bar (30 g) Servings Per Container: 12</p> <hr/> <p>Amount Per Serving</p> <p>Calories 200 Calories from Fat of 100</p> <hr/> <p>Total Fat 5 g 10%</p> <p> Saturated Fat 2.5 g 5%</p> <p> Trans Fat 0 g</p> <p>Cholesterol 0 mg 0%</p> <p>Sodium 100 mg 2%</p> <p>Total Carbohydrate 30 g 6%</p> <p> Dietary Fiber 1 g 4%</p> <p> Sugars 10 g</p> <p>Protein 8 g</p> <hr/> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Vitamin A 10%</td> <td style="width: 50%; border: none;">Vitamin E 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Vitamin C 10%</td> <td style="width: 50%; border: none;">Iron 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Calcium 10%</td> <td style="width: 50%; border: none;">Vitamin B₆ 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Zinc 10%</td> <td style="width: 50%; border: none;">Folic Acid 10%</td> </tr> </table> </td> <td style="width: 50%; border: none;"> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Potassium 10%</td> <td style="width: 50%; border: none;">Phosphorus 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Magnesium 10%</td> <td style="width: 50%; border: none;">Selenium 10%</td> </tr> </table> </td> </tr> </table>			<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Vitamin A 10%</td> <td style="width: 50%; border: none;">Vitamin E 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Vitamin C 10%</td> <td style="width: 50%; border: none;">Iron 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Calcium 10%</td> <td style="width: 50%; border: none;">Vitamin B₆ 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Zinc 10%</td> <td style="width: 50%; border: none;">Folic Acid 10%</td> </tr> </table>	Vitamin A 10%	Vitamin E 10%	Vitamin C 10%	Iron 10%	Calcium 10%	Vitamin B ₆ 10%	Zinc 10%	Folic Acid 10%	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Potassium 10%</td> <td style="width: 50%; border: none;">Phosphorus 10%</td> </tr> <tr> <td style="width: 50%; border: none;">Magnesium 10%</td> <td style="width: 50%; border: none;">Selenium 10%</td> </tr> </table>	Potassium 10%	Phosphorus 10%	Magnesium 10%	Selenium 10%
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<p>*Percent Daily Values are based on a diet of other people's misdeeds.</p>																

Chapter 10

1. The three ingredients contained in the breakfast bars in the greatest amounts are _____ and _____.
2. The bars contain three added sweeteners: _____ and _____.
3. Ingredients added to increase the nutrient content of the bars include _____ and _____.
4. If you ate two of the bars, you would be eating _____ servings and _____ calories.
5. Based on a 2,000-calorie diet, each bar supplies _____ percent of the daily value of fiber and _____ percent of the daily value of saturated fat.

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Food For Today Reteaching Activities Answer Key

JG Myers



Food For Today Reteaching Activities Answer Key:

Communication Applications Reteaching Activities McGraw-Hill Staff,2000-05 **Food for Today** Janis P. Meek,2000 *Today's Teen* Joan Kelly-Plate,1994 Covers such topics as self discovery relationships managing resources such as time money natural resources housing clothing and foods Parenting Verna Hildebrand,1994 Helps students build skills in decision making family relations and nurturing children s development Emphasis on both the joys and challenges of parenting *Teen Health* Mary H. Bronson,Michael J. Cleary,Betty M. Hubbard,Dinah Zike,2005 **Connections** Virginia A. Arnold,1989 Food for Today Kowtaluk,1997-12 HBJ Health: Teacher's edition ,1987 **Books in Print Supplement** ,2002 **Economics** Gary E. Clayton,2008 **Our Country** Herbert J. Bass,1991 *CUET PG Chinese - Question Bank (2400 MCQs Chapterwise)* Mocktime Publication, 2400 MCQs CUET PG Question Bank Chinese CUEG PG Previous Papers CUET PG Syllabus CUET PG Exam Pattern *Modules* McDougal Littell Incorporated,2005 **Ecology: Teacher's ed** ,2005 **Te HS&T a** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004-02 *El-Hi Textbooks & Serials in Print, 2005* ,2005 Teacher's Wraparound Edition: Twe Biology Everyday Experience Albert Kaskel,1994-04-19 **A Message of Ancient Days [kit].: A message of ancient days** ,1991 **Friends: Teacher's book** James David Cooper,1999 **Heath Social Studies: The world today** ,1987

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Table of Contents Food For Today Reteaching Activieties Answer Key

1. Understanding the eBook Food For Today Reteaching Activieties Answer Key
 - The Rise of Digital Reading Food For Today Reteaching Activieties Answer Key
 - Advantages of eBooks Over Traditional Books
2. Identifying Food For Today Reteaching Activieties Answer Key
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Food For Today Reteaching Activieties Answer Key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Food For Today Reteaching Activieties Answer Key
 - Personalized Recommendations
 - Food For Today Reteaching Activieties Answer Key User Reviews and Ratings
 - Food For Today Reteaching Activieties Answer Key and Bestseller Lists
5. Accessing Food For Today Reteaching Activieties Answer Key Free and Paid eBooks
 - Food For Today Reteaching Activieties Answer Key Public Domain eBooks
 - Food For Today Reteaching Activieties Answer Key eBook Subscription Services
 - Food For Today Reteaching Activieties Answer Key Budget-Friendly Options

6. Navigating Food For Today Reteaching Activities Answer Key eBook Formats
 - ePub, PDF, MOBI, and More
 - Food For Today Reteaching Activities Answer Key Compatibility with Devices
 - Food For Today Reteaching Activities Answer Key Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Food For Today Reteaching Activities Answer Key
 - Highlighting and Note-Taking Food For Today Reteaching Activities Answer Key
 - Interactive Elements Food For Today Reteaching Activities Answer Key
8. Staying Engaged with Food For Today Reteaching Activities Answer Key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Food For Today Reteaching Activities Answer Key
9. Balancing eBooks and Physical Books Food For Today Reteaching Activities Answer Key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Food For Today Reteaching Activities Answer Key
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Food For Today Reteaching Activities Answer Key
 - Setting Reading Goals Food For Today Reteaching Activities Answer Key
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Food For Today Reteaching Activities Answer Key
 - Fact-Checking eBook Content of Food For Today Reteaching Activities Answer Key
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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