

Classroom Candy Corner

Nutrition Center

Choose five candy wrappers from the packet at this center and fill in the worksheet below.

Candy Type #1

Candy Name: _____

1. How many calories are there in each serving?

2. What is one serving size?

3. How many servings come in one wrapper?

4. How much of the following nutrients are in this candy?

Fat _____

Sugars _____

Carbohydrates _____

Protein _____

Sodium _____

5. Do you like this candy? Why or why not?

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Candy Type #2

Candy Name: _____

1. How many calories are there in each serving?

2. What is one serving size?

3. How many servings come in one wrapper?

4. How much of the following nutrients are in this candy?

Fat _____

Sugars _____

Carbohydrates _____

Protein _____

Sodium _____

5. Do you like this candy? Why or why not?

Candy Type #3

Candy Name: _____

1. How many calories are there in each serving?

2. What is one serving size?

3. How many servings come in one wrapper?

4. How much of the following nutrients are in this candy?

Fat _____

Sugars _____

Carbohydrates _____

Protein _____

Sodium _____

5. Do you like this candy? Why or why not?

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Candy Type #4

Candy Name: _____

1. How many calories are there in each serving?

2. What is one serving size?

3. How many servings come in one wrapper?

4. How much of the following nutrients are in this candy?

Fat_____

Sugars_____

Carbohydrates_____

Protein_____

Sodium_____

5. Do you like this candy? Why or why not?

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Candy Type #5

Candy Name: _____

1. How many calories are there in each serving?

2. What is one serving size?

3. How many servings come in one wrapper?

4. How much of the following nutrients are in this candy?

Fat_____

Sugars_____

Carbohydrates_____

Protein_____

Sodium_____

5. Do you like this candy? Why or why not?

Conclusion

Which facts about the nutritional information of candy bars surprised you?

Which candy bar would you choose to eat? Is your decision influenced by the nutritional information?
