**Figuring Out Food Labels (Article #1) Questions**

What did the first article compare the food labels to?

What information does the food label give?

What measurement do food labels use for nutrients?

Why is it important to know nutrient information?

Why aren’t food labels always helpful for kids?

What important information can kids get from these labels?

Why is serving size important?

Why is calories from fat important?

What other food information did the article mention?

**Food Smarts: Understanding Food Labels (Article #2) Questions**

What did you find out about the serving size of the cheese snacks in a food label?

What did you discover about the fat and calories in the snacks?

Was this food item considered nutritious or not?

What do food companies do to hide the bad nutrition in their products?

Why is it important to know how to read food labels?