

Name _____

Pantry Probe Answer Key

1. Product A. It lists whole rolled oats first, which shows a **whole food** is the main ingredient.
2. Product B. It contains both sugar and corn syrup.
3. Product B. Examples include artificial vanilla flavor, Yellow Five, and Red Forty.
4. Product A, because it has natural ingredients and no listed artificial colors or dyes.
5. Product B is more processed because of ingredients such as enriched wheat flour and artificial dyes.
6. Product A uses sunflower oil, which is a plant based oil often seen as a healthier option.
7. Product A. It includes recognizable foods like oats, honey, cranberries, and almonds.

Teacher's Guide

- Use this worksheet with Grades 4-6 to build strong **ingredient label reading skills** and nutrition awareness.
- Explain that ingredients are listed in **order by weight**, with the largest amount listed first.
- For differentiation, highlight or circle added sugars and artificial ingredients together before answering.
- For engagement, let students vote on which product they would choose and justify their reasoning aloud.
- For extension, have students bring in a real snack label from home and classify the ingredients into **whole foods, added sugars, and artificial ingredients**.
- Connect this lesson to real-world decision-making by discussing how ingredient lists affect everyday food choices.