

Name \_\_\_\_\_



## Cart Clues

**Directions:** Read the short story. Study the food label. Answer the questions using **details from both**.

Mila walked through the grocery store with her aunt, pushing the small cart carefully down the snack aisle. She wanted a crunchy treat that she could pack for school lunch. Mila picked up a bag called **Rainbow Crunch Bites** and turned it over to read the label. Her aunt reminded her to check the **serving size, sugar,** and **calories** before choosing. Mila read the label closely and tried to decide if this was a smart snack for every day or just for special treats.

**Product:** Rainbow Crunch Bites

**Serving Size:** 1 cup

**Servings Per Bag:** 3

**Calories:** 160

**Total Fat:** 5 g

**Sodium:** 180 mg

**Total Carbohydrates:** 26 g

**Sugar:** 12 g

**Fiber:** 3 g

**Protein:** 4 g

1. What snack is Mila thinking about buying?
2. Who reminds Mila to check the food label?
3. How many **calories** are in **one serving** of Rainbow Crunch Bites?
4. How many **grams of sugar** are in one serving?
5. If Mila eats **two servings**, how many **total calories** will she eat?
6. Is this snack **high or low in sugar** for one serving? Explain using the sugar amount.
7. Do you think this is a good **everyday lunch snack** for Mila or a special treat? Use **two facts from the label** to support your answer.