

Name \_\_\_\_\_



## Label Calculators

**Directions:** Read the food label. Use math to calculate the correct totals for different serving amounts.

**Product:** Crunchy Apple Rings

**Serving Size:** 12 rings

**Calories:** 130

**Total Fat:** 4 g

**Sodium:** 160 mg

**Total Carbohydrates:** 22 g

**Sugar:** 10 g

**Fiber:** 2 g

**Protein:** 2 g

1. If a student eats **2 servings**, how many **total calories** will they consume?

2. How many **grams of sugar** are in **1.5 servings**?

3. If a student eats **3 servings**, how much **total fat** will they eat?

4. How much **sodium** is in **2.5 servings**?

5. A student eats **half a serving** during a snack break. How many **calories** is that?

6. How many **total grams of carbohydrates** are in **4 servings**?

7. If a student eats **2 servings in the afternoon** and **1 serving after dinner**, what is the **total sugar intake** for the day?