

Name _____

Snack Showdown Answer Key

1. Crunchy Trail Bites has more calories by 40 calories.
2. Power Granola Squares has 6 g less sugar.
3. Power Granola Squares is higher in fiber with 4 g compared to 3 g.
4. Power Granola Squares is better because it has 95 mg of sodium instead of 210 mg.
5. Power Granola Squares has more protein with 5 g compared to 4 g, which helps support muscle growth and energy.
6. Power Granola Squares provides more calcium at 10 percent daily value, which helps build strong bones and teeth.
7. Student answers will vary, but they must include two accurate comparisons such as lower sugar and lower sodium.

Teacher's Guide

- Use this worksheet for Grades 4-6 during health, science, or nonfiction reading blocks.
- Model how to read each label row slowly and underline **key nutrients** before comparing.
- For support, read the questions aloud and allow students to highlight matching numbers on both labels.
- For enrichment, ask students to design their own healthy snack label using realistic numbers.
- For engagement, turn the final question into a short partner debate about which snack is healthier.
- Extend learning by having students compare a real food label from home with one of these examples.