

Name _____

Diet Choice In Action Answer Key

1. Turbo Trail Mix. It has 6 g of protein and only 8 g of sugar, compared to 3 g protein and 11 g sugar.
2. Speedy Granola Bar. It has 95 mg sodium compared to 180 mg.
3. Speedy Granola Bar. It has 140 calories, which is under 150.
4. Turbo Trail Mix. It has 4 g fiber and 6 g protein, which help keep you full.
5. Speedy Granola Bar. It has only 4 g of fat compared to 12 g.
6. Two servings of Turbo Trail Mix equal 420 total calories.
7. Answers may vary, but students must correctly cite two facts such as lower sodium and fewer calories or higher protein and fiber.

Teacher's Guide

- Use this worksheet with Grades 6-8 to strengthen **real world decision making using nutrition labels**.
- Review how to compare **multiple nutrients at once** before students begin.
- For differentiation, allow struggling readers to circle key numbers before writing explanations.
- For engagement, allow students to argue their snack choices in pairs using only label evidence.
- For extension, challenge students to create a new scenario and swap with a partner to solve.
- Reinforce that **smart food choices change based on goals like sports, health, and energy**.