

Name \_\_\_\_\_



## Label To Life

**Directions:** Read the food label. Respond to each reflection prompt using **clear reasoning and real life thinking**.

**Product:** Frosted Energy Drink

**Serving Size:** 1 can

**Calories:** 220

**Total Fat:** 0 g

**Sodium:** 190 mg

**Total Carbohydrates:** 32 g

**Sugar:** 24 g

**Protein:** 1 g

**Vitamin C:** 40 percent daily value

**Caffeine:** 160 mg

1. Which number on this label would most influence your decision to drink this product on a **school night**? Explain why.
2. How could the **high sugar** amount on this label affect your **energy levels later in the day**?
3. The label shows **zero fat**, but the drink is still high in calories. What does this teach you about judging food based on **one nutrient alone**?
4. Why might the **high caffeine** level be a concern for students your age?
5. How could regularly choosing drinks like this affect your **long-term health habits**?
6. Describe a real life situation where reading this label could help you **make a better choice**.
7. After analyzing this label, what is **one rule** you would create for yourself about choosing drinks?