

Name \_\_\_\_\_

## Label To Life Answer Key

This worksheet is a reflection activity. There are no single correct answers. Student responses should:

- Accurately reference label facts such as **24 g sugar, 220 calories, or 160 mg caffeine**.
- Show **logical reasoning** about health, school performance, or daily habits.
- Connect label information to **real-life decision-making**.

### Teacher's Guide

- Use this worksheet with Grades 7-9 to support **health literacy, personal responsibility, and critical thinking**.
- Review how to interpret **sugar, caffeine, and calorie levels** before students begin writing.
- For differentiation, allow sentence starters for students who need writing support.
- For engagement, allow students to share one reflection aloud and discuss different viewpoints.
- For extension, have students compare this drink to a sports drink or water and write a second reflection.
- Emphasize how **label awareness strengthens long-term healthy decision-making** beyond the classroom.