

Name _____

Nutrition Truth Check Answer Key

1. The sugar and added sugars most challenge the claim. The drink has 22 g of sugar and 20 g of added sugar, which does not reflect clean fuel.
2. Protein and carbohydrates support the energy claim. It contains 16 g of protein and 30 g of carbohydrates.
3. It contradicts the claim. A clean energy drink would not normally contain 20 g of added sugar.
4. The protein amount partially supports the claim. Sixteen grams is a moderate protein level but not especially high for a protein focused product.
5. No. The drink contains 20 g of added sugar, which is high.
6. The saturated fat weakens the clean fuel claim because it contains 4 g, which is a significant amount.
7. The label mostly contradicts the claim. High sugar, high added sugar, and notable saturated fat conflict with the idea of pure and clean energy, even though it contains some beneficial protein and calcium.

Teacher's Guide

- Use this worksheet with Grades 8-12 to strengthen **media literacy and nutrition analysis** skills.
- Review how **marketing language differs from scientific nutrition data** before students begin.
- For differentiation, provide sentence frames such as "This claim is supported because..." for developing writers.
- For engagement, hold a class vote on whether the claim is supported or contradicted before reviewing answers.
- For extension, assign students to bring in a real product claim from home and create their own evaluation questions.
- Emphasize how **critical label reading protects students from misleading advertising** and supports lifelong health decisions.