

Name _____

Better Bite Pick Answer Key

1. Hearty Grain Crunch. It has 6 g of sugar compared to 18 g.
2. Hearty Grain Crunch. It has 6 g of fiber versus 2 g.
3. Hearty Grain Crunch. It has 140 mg of sodium while Frosty Berry Cereal has 220 mg.
4. Hearty Grain Crunch. It has 5 g of protein compared to 3 g, which helps with energy and muscle support.
5. Hearty Grain Crunch. It has 160 calories, which is 30 fewer calories.
6. Hearty Grain Crunch. It provides 20 percent daily value of calcium compared to 15 percent.
7. Answers may vary, but responses must correctly cite at least two accurate comparisons such as lower sugar and higher fiber.

Teacher's Guide

- Use this worksheet during health, nutrition, or nonfiction reading lessons for Grades 4-6.
- Have students underline **key numbers** in each label before answering questions.
- For differentiation, allow struggling readers to work with a partner and read each label aloud together.
- For enrichment, challenge students to create their own healthier cereal label using realistic values.
- For engagement, run a quick class poll on which cereal students would choose and discuss why.
- For extension, have students bring in a real cereal box label and compare it to one of the examples.