

Name \_\_\_\_\_

## Percent Daily Value Sleuths Answer Key

1. Sodium is **high** because it is 30 percent Daily Value.
2. Total fat is **low** at 4 percent Daily Value.
3. Fiber is higher at 18 percent compared to protein at 12 percent.
4. Vitamin C is **high** because it is 30 percent Daily Value.
5. Sodium is the concern because it is 30 percent Daily Value.
6. Vitamin C supports immune health and is high at 30 percent.
7. Strong benefit could be high Vitamin C or good fiber. Possible drawback is high sodium.

### Teacher's Guide

- Use this worksheet with Grades 5-7 to reinforce how **percent Daily Value** works.
- Remind students that **five percent or less is low** and **twenty percent or more is high**.
- For differentiation, provide a DV anchor chart for quick reference during independent work.
- For engagement, have students act as real detectives and circle high nutrients in one color and low nutrients in another.
- For extension, challenge students to bring in a real food label and classify three nutrients as high or low.
- Connect this lesson to health discussions about **balance, moderation, and nutrition choices**.