



PRE-/POST-TEST

Nutrition Labeling Test

Fill in the Blank

Read the hot dog ("frank") label and answer the following questions.

- 1 How many hot dogs equal one serving? _____
- 2 How many calories are in two hot dogs? _____
- 3 One serving of hot dogs provides what percent of recommended fat intake for a person eating a 2,000 calorie diet? _____
- 4 List the ingredient in the hot dog which is present in the largest amount by weight. _____
- 5 What foods would complement the nutrient value of the hot dog? _____

Multiple Choice

Circle the correct answer to the following questions about the new nutrition label.

- 6 Dietary recommendations for total fat, saturated fat, dietary fiber and protein are:
 - a. based on the number of calories a person eats
 - b. the same for all diets
 - c. only important to those people who have health problems
- 7 Adding the _____ of an individual nutrient for foods eaten in one day is a quick way to see if a person's daily diet is meeting nutrition recommendations for that nutrient.
 - a. grams
 - b. milligrams
 - c. % Daily Values
- 8 The serving sizes of similar food products are based on:
 - a. the amount customarily consumed
 - b. food manufacturer recommendations
 - c. the size of the package
- 9 Health claims are:
 - a. allowed on all foods
 - b. based on scientific research
 - c. often untrue
- 10 Fat content claims can:
 - a. help a person choose foods with less fat
 - b. only be listed on a package if a food meets strict government definitions
 - c. both a and b

Nutrition Facts

Serving Size: One Frank (45 g)
Servings Per Container: 10

Amount Per Serving	Calories from Fat 15
Calories 45	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 15mg	5%
Sodium 430mg	18%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 5g	
Vitamin A 0%	• Vitamin C 8%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2000	80g
Total Fat	Less than 65g	25g
Sat Fat	Less than 20g	300mg
Cholesterol	Less than 300mg	2400mg
Sodium	Less than 2400mg	300g
Total Carbohydrate	300g	25g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BEEF AND PORK, WATER, HYDROLYZED VEGETABLE PROTEIN, BEEF BROTH, POTASSIUM LACTATE, SALT, CORN SYRUP, DEXTROSE, HYDROLYZED MILK PROTEIN, FLAVORING, SMOKE FLAVORING, ASCORBIC ACID (VITAMIN C), LECITHIN OF PAPRIKA, SODIUM NITRITE.

- 11 Which foods can be a part of a healthful diet?
 - a. only those foods that have nutrient content and health claims on the package
 - b. only those foods that have less than 30 percent of their calories from fat
 - c. all foods
- 12 Food additives:
 - a. often occur naturally in common foods
 - b. must pass safety tests
 - c. both a and b