

Supermarket Scavenger Health Hunt Worksheet

On a trip to the grocery store or as you look through packaged foods at home, complete this scavenger hunt.

1. List two of your favorite snack foods, your favorite cereal and two foods that you believe are healthy.

- _____
- _____
- _____
- _____
- _____

2. Locate the above foods in the store or at home and find out the information below by reading their Nutrition Facts labels (*adapted from READ.WRITE.THINK.org).

Food	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Carbohydrates (grams)	Protein (grams)	Vitamins (List and give % of each)	PRICE
1.								
2.								
3.								
4.								
5.								

3. Find and write down at least three healthy affordable snacks/cereals from the supermarket (Include the price). _____,

_____, _____