



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 | |
|---------------------------|-------|----------------------|----------------|
| | | | % Daily Value* |
| Calories | 45 | | |
| 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 | Less than 300g | 25g |
| Dietary Fiber | | 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