

Name _____ Date _____

Reading's Skills Activity

(point on food table)	(number of fingers left)
#1 _____	_____
#2 _____	_____
#3 _____	_____
#4 _____	_____
#5 _____	_____
#6 _____	_____

- 1) After comparing the different kinds of the food items provided in class, which table has the most nutritious recipe for making a diet plan? Identify how many fingers are left after you read of the features that you include the most nutritious. _____
- 2) Which machine has the most calories per serving? _____
- 3) Which machine has the least amount of calories per serving? _____
- 4) Which machine has the least amount of fat? _____
- 5) Which machine has the least amount of fiber? _____
- 6) Which machine has the least percentage of total fat? _____
- 7) Which machine has the least percentage of sodium? _____
- 8) Which machine has the least amount of total calories? _____
- 9) Which machine has the least percentage of protein? _____
- 10) Which table has the most amount of vitamins? _____
- 11) Which reading skills help you find out more information? _____