



AFNR Food Science Unit

Rate your snack

Materials:

- Variety of snacks ranging in healthfulness
- Nutritional rating graphic

1. Pick out a snack for the day and take it back to your seat.
2. Explain why you chose your product. What appealed to you about the product? How is this product marketed or advertised? Pay attention to the packaging and where it might be found in the grocery store.

3. Examine the nutrition label of the product. It takes 10 minutes of doing jumping jacks to burn off 100 calories. Using the servings per container and calories according to the label, how long would it take the you to burn off one serving of your snack. (Conversion factors will help you to figure this out.)

Example:

Poptarts;

<u>200 Calories</u>	x	<u>10 minutes of Jumping Jacks</u>
Serving		100 calories

4. It's not just the calories that decide how good or bad a product is for you. Brainstorm a list of factors that determine if a product is healthy or unhealthy for you.

5. Evaluate your product according to the class list from #4. Give your product a grade according to health. Fill in the information on the following page.

Extension

Check out USDA's website ChooseMyPlate.gov for research and more information.



How Would You Rate Your Snack?

What are the good ingredients in this product?	What are the bad ingredients in this product?
What would attract someone to this snack?	

What grade would you give this product?

