

# Nutrition Lesson Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Nutrition Lesson.

1. What are three questions you can ask to help determine if a source of information is valid?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. List six things you can learn from a Nutrition Facts label.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_



3. Each meal should contain one serving of the following food groups:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4. What are two ways to make healthy snacking easier?

a. \_\_\_\_\_

b. \_\_\_\_\_

