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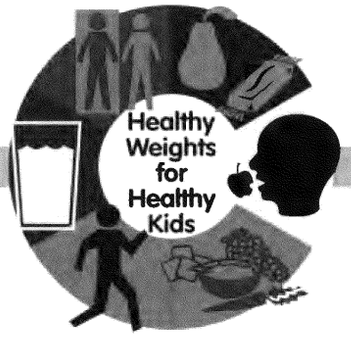


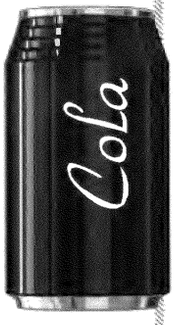
HEALTHY WEIGHTS FOR HEALTHY KIDS
PUBLICATION 348-243

NUTRIENT SCAVENGER HUNT

HANDOUT FOR *SMART DRINKS*, 348-232

*Stephanie Diehl**

Find Food Labels for a juice drink, a soft drink, and milk. Fill in these nutrient charts using the numbers from the Food Labels. Then answer the questions below.



SOFT DRINK

NUTRITION CHART:

Calcium per serving _____

Protein per serving _____

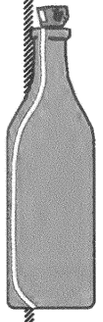
Calories per serving _____

Sugar per serving _____

Vitamin D per serving _____

JUICE DRINK

NUTRITION CHART:



Calcium per serving _____

Protein per serving _____

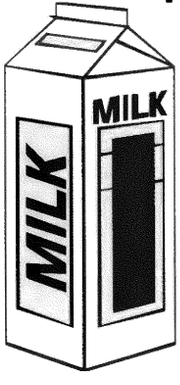
Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____

MILK

NUTRITION CHART:



Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____

QUESTIONS:

You need calcium to build strong bones. Which drink gives you the most calcium?

_____

4 grams of sugar = 1 teaspoon of sugar. If you drank 3 cans of soda in 1 day, how many teaspoons of sugar would you consume? _____

Where is sugar located on the Food Guide Pyramid?

_____

You need protein for strong muscles. Which drink gives you the most protein in a serving?

_____

Vitamin D helps your body use calcium. Which drink contains the most vitamin D?

_____

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