Nutrition Labels

Choose one answer per question. Circle A, B, C, or D.

1. On a fictional U.S. food package, which section gives calories and grams of dietary fiber per serving?
   A. The Nutrition Facts panel
   B. The ingredient list
   C. The net weight statement
   D. The best-by date

2. A fictional bag says “Serving size 4 pieces (36 g)” and “3 servings per container.” What does 36 g measure?
   A. The weight of all three servings
   B. The weight of one piece
   C. The weight of one four-piece serving
   D. The weight of the empty bag

3. A fictional Nutrition Facts panel lists sodium as 180 mg per serving. What does mg stand for?
   A. Micrograms
   B. Milligrams
   C. Milliliters
   D. Grams

4. A fictional package lists brown rice, lentils, onion powder, and salt in descending order by weight. Which ingredient is listed first by weight?
   A. Salt
   B. Lentils
   C. Onion powder
   D. Brown rice

5. A fictional panel reads “Total Sugars 9 g” and “Includes 4 g Added Sugars” for one serving. How do the two amounts relate?
   A. The 4 g must be added to the 9 g to get the total.
   B. The 4 g of added sugars are part of the 9 g total.
   C. The 9 g of total sugars are part of the 4 g of added sugars.
   D. The 4 g is the amount in the whole package, and the 9 g is the amount in a serving.

6. In a fictional package example, there are exactly 2.5 servings per container and 240 mg of sodium per serving. How much sodium is in the whole package?

A. 600 mg
B. 240 mg
C. 480 mg
D. 960 mg

7. A fictional label reports 6 g of dietary fiber in a 30 g serving. At the same fiber concentration, how much fiber is in a 15 g sample?

A. 12 g
B. 2 g
C. 6 g
D. 3 g

8. A fictional package gives dietary fiber in two columns. Per serving says 3 g and per container says 9 g. A worksheet adds them and records 12 g for the package. What should that entry say?

A. 6 g, subtracting the per-serving amount
B. 3 g, using the per-serving amount
C. 9 g, using the per-container amount
D. 12 g, adding the two columns

9. Fictional Product A has 4 g of protein per 40 g serving. Product B has 5 g per 40 g serving. Product C has 3 g per 20 g serving. Which comparison with A uses the printed amounts from equal serving weights and is accurate?

A. B has 1 g more protein per 40 g.
B. B has 1 g less protein per 40 g.
C. C has 1 g more protein per 40 g.
D. C has 1 g less protein per 40 g.

10. Two fictional ingredient lists are ordered by weight with no ties. A begins with oats, then raisins. B begins with raisins, then oats. Which conclusion follows from the lists?

A. The first ingredient in each product accounts for half of that product's weight.
B. A contains exactly twice the weight of oats in B.
C. A and B contain equal weights of raisins because both list raisins.
D. A contains more oats than raisins by weight. B contains more raisins than oats by weight.

11. A fictional worksheet copies 240 mg of sodium per 50 g serving for Product A. It expresses Product B's sodium per 50 g serving as 0.30 g. Which amount is larger, and by how much?

A. B by 30 mg
B. A by 60 mg
C. B by 60 mg
D. The two amounts are equal.

12. Fictional Product A has 4 g of fiber in a 32 g serving. Product B has 5 g in a 50 g serving. What are their fiber amounts per 100 g of food?

A. A has 8 g and B has 10 g.
B. A has 12.5 g and B has 10 g.
C. A has 10 g and B has 12.5 g.
D. A has 4 g and B has 5 g.

13. A fictional panel lists 14 g of total sugars per serving, including 8 g of added sugars. How many grams in 1.5 servings come from sugars other than added sugars?

A. 21 g
B. 6 g
C. 12 g
D. 9 g

14. A fictional classroom worksheet combines half a serving of broth and one and a half servings of noodles. The broth lists 560 mg of sodium per serving, and the noodles list 100 mg per serving. How much sodium is in the combined sample?

A. 430 mg
B. 330 mg
C. 380 mg
D. 660 mg

15. A fictional package contains exactly 360 g of food. The serving size is 45 g and the panel gives 120 calories per serving. Which whole-package calculation matches both amounts?

A. 8 servings and 120 calories
B. 6 servings and 720 calories
C. 8 servings and 960 calories
D. 6 servings and 960 calories