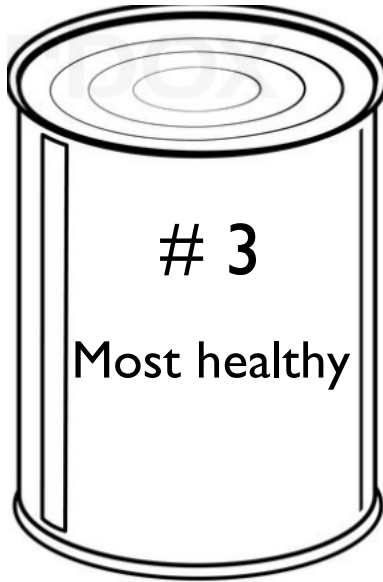


Name:

Date:

Exploration Sheet: Mystery Can Activity

Directions: Match the nutrition facts label to the most healthy, somewhat healthy, and least healthy ingredient. Describe your guess by filling in the blank nutrition facts label for each can.



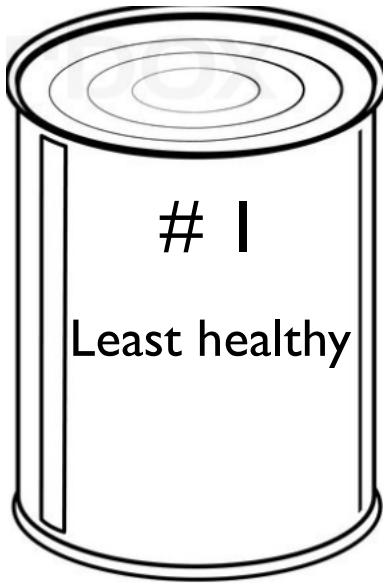
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Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin	



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Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin	



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Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin	

Describe how you guessed which nutrition labels matched which cans.
