

Workshop 8: Food: The Good, the Bad, and the Gross**Reading 3 Project: You Are What You Eat**
Food Label

Food labels can seem like they're written in code. What does all that information mean?

Project: Read a food label from something you have eaten. Use the label to help you learn about what you ate.

Procedure**1. Read a label.**

Look at a label on something you like to eat. Turn to page 199 of your *rBook*. Look at the Food Guide Pyramid. Answer these questions:

1. How many servings are in one package? _____
2. How many servings did you eat? _____
3. Where does this food fit into the food pyramid? _____
4. How many servings from this food group should you eat in one day? _____
5. How many calories were from fat? _____
6. Would you consider this food healthy? _____

2. Write about it.

Write at least three sentences telling about the food. Use information from the questions you answered to help you.

3. Present your work.

Share what you learned about this food with your class.