

Draw a picture of your product.

Ingredients

Write down the Nutrition Facts.

What is a **servicing size**? \_\_\_\_\_

How many **servings** are in a package? \_\_\_\_\_

How many **calories** are in a serving? \_\_\_\_\_

Protein \_\_\_\_\_ Daily Value \_\_\_\_\_

Fats \_\_\_\_\_ Daily Value \_\_\_\_\_

Carbohydrates \_\_\_\_\_ Daily Value \_\_\_\_\_

Vitamins \_\_\_\_\_ Daily Value \_\_\_\_\_

Minerals \_\_\_\_\_ Daily Value \_\_\_\_\_

Healthy Facts	Unhealthy Facts

Based on the Nutrition Label, would you consider this product to be healthy? Why? Why not?  
\_\_\_\_\_

What is a typical meal I eat at home: \_\_\_\_\_

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What is a typical meal I eat when I go out: \_\_\_\_\_

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How can I make my favorite meals healthier: \_\_\_\_\_

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