

Name: _____ Class Code: _____

Nutrition Facts

Name your Snack!: _____

Serving Size = _____

Amount Per Serving

Calories

Total Fat

Sodium

Carbohydrates

Sugar

Protein

Ingredients: _____

How is your snack packaged? Circle your choice and answer the questions below.

Is your snack's package: a can Styrofoam plastic aluminum foil other

Is your snack's package: trash reusable recyclable

Is your snack healthy? Why or Why not? _____
