

Grocery Store Scavenger Hunt

On a trip to the grocery store or as you look through packaged foods at home, complete this scavenger hunt.

1. List two of your favorite foods and two foods that you believe are healthful.

- _____
- _____
- _____
- _____

2. Locate the above foods in the store or at home and find out the information below by reading their Nutrition Facts labels.

Food	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Carbo-hydrates (grams)	Protein (grams)	Vitamins (List and give % of each)
1.							
2.							
3.							
4.							

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3. Do you know what's in junk food? Find the following junk foods at the store or in your pantry at home, and list their nutrition facts in the chart below.

Food Type and Brand Name	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Carbo-hydrates (grams)	Protein (grams)	Vitamins (List and give % of each)
Fried potato chips							
Regular (not diet) Soda							
Cookies							
Candy							

4. Describe the colors and images used on the packaging of the above junk foods.

5. Do any of the junk food packages include cartoon characters, celebrities, free offers, or games? If so, list which packages and what they include in the space below.

- _____
- _____
- _____
- _____