How Nutritious is Your Cereal?

With the help of the food label of your cereal box, complete the following questions of this **Cereal Box Score Sheet**.

1. What is the NAME of your cereal? _____

2. What is the *first ingredient* of your cereal? _____

3. On the NUTRITION FACTS TABLE, per portion…

   How many **GRAMS of fibre** does your cereal have? _____

   How many **POINTS** does this amount of <u>fiber</u> give you?
   Circle the number of points in the table.

	POINTS		
For Fiber	5g or more	=	12 points
	2g to 4 g	=	5 points
	0 to 1 g	=	0 points

   How many **GRAMS of sugar** does your cereal have? _____

   How many **POINTS** does this amount of <u>sugar</u> give you?
   Circle the number of points in the table.

	POINTS		
For Sugar	9g or more	=	0 points
	5g to 8 g	=	5 points
	0 to 4 g	=	7 points

4. Is the first ingredient of your cereal a type of sugar?
   Circle the correct answer with the associated points.

Yes	=	-10 points
No	=	0 points

5. Add the number of points you circled in the 3 tables above. How many points did you get?

   _____+_____+_____ = _____ **total points**

6. The total number of points of the cereal will determine how nutritious your cereal is! The more nutritious you cereal is, the better the choice. <u>Circle</u> the correct rating for your cereal.

   13 points or more → Your cereal is an **excellent choice.**

   10-12 points → Your cereal is a **good choice.**

   5 - 7 points → Your cereal is an **O.K. choice.**

   0 points or less → Your cereal should be chosen **less often.**

   Choose to eat excellent and good choice cereals every day!
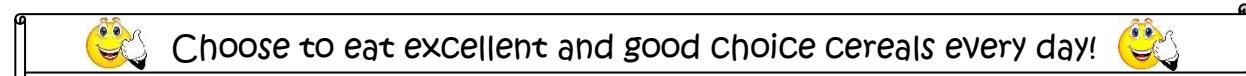
READ WHAT YOU EAT: CEREAL ACTIVITY

1. Find the different grains a cereal can be made from:

```
E  I  C  Y  A  R  N  L  X  W  W  D      BARLEY
C  W  T  E  N  V  C  T  X  U  R  Q      RICE
I  T  S  L  M  R  M  F  G  A  F  Z      WHEAT
R  U  O  R  T  A  O  Y  P  Y  J  V      OAT
K  Q  Y  A  B  B  D  E  P  T  U  E      CORN
H  E  E  B  F  N  M  T  W  I  B  N      RYE
u  H  H  J  R  E  I  W  T  C  I  A
W  B  W  O  Q  I  Z  T  D  O  A  E
T  J  C  B  K  T  R  H  u  W  A  F
S  B  Q  A  S  Q  O  A  D  C  J  T
Q  A  B  O  B  I  S  D  N  B  X  G
P  I  A  Y  O  D  D  R  M  F  C  D
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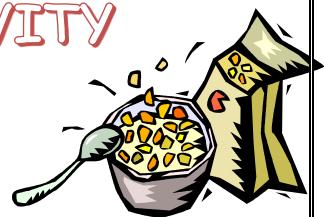
2. A whole grain is made up of 3 parts. Fill in the blank with the name of the nutrient each part of the grain contains.

The **bran** gives us _____.
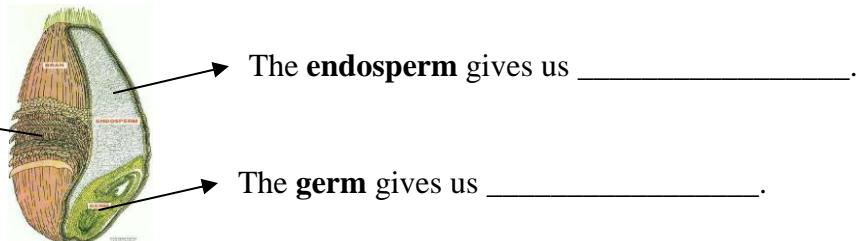
The **endosperm** gives us _____.

The **germ** gives us _____.

3.   Circle the words that mean "sugar".

Flour	Corn Syrup	Glucose
Honey	Salt	Maple Syrup
Chicken	Molasses	Bran
Fructose	Icing Sugar	Brown Sugar

4. Circle TRUE or FALSE for the following statements:

Eating fibre helps keep you feeling full and satisfied   TRUE or FALSE

Eating fibre and drinking water makes you constipated   TRUE or FALSE

Eating too much sugar can cause dental cavities   TRUE or FALSE

Whole grain foods are more nutritious than refined grain foods   TRUE or FALSE