**3rd grade NUTRITION STATION WORKSHEET**

STATION 1:

On the “Periodic Table of Caffeine” poster, which beverage is #20? \_\_\_\_\_\_\_\_\_\_\_\_\_

How many mg. of caffeine does this beverage have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which drink has the least amount of caffeine? \_\_\_\_\_\_\_\_\_\_\_ How much is it? \_\_\_

Which drink has the most caffeine in it for an 8 oz. serving? (Hint: look at the top right corner of the beverages for the highest number) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Find your favorite beverage on this chart.

Name of beverage\_\_\_\_\_\_\_\_\_\_\_\_ mg. caffeine per serving\_\_\_\_ per 8 oz.\_\_\_\_

STATION 2:

On the “Periodic Table of Sugar” poster, how many grams of sugar does an apple have in it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many grams of sugar does a glazed donut have in it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many grams of sugar does a Sports Drink (eg. Gatorade) have in it? \_\_\_\_\_\_\_

How many grams of sugar does soda pop have in it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 3:

What is the serving size of all 4 cereals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which cereal has the most calories? \_\_\_\_\_\_\_\_\_\_\_\_\_ How many calories? \_\_\_\_\_\_

Which cereal has the most sodium? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ How much is in it? \_\_\_\_\_\_\_\_

Which cereal has the most sugar? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ How much sugar? \_\_\_\_\_\_\_\_\_

Which cereal has the most total fat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How much fat? \_\_\_\_\_\_\_\_\_

Which cereal do you think is the healthiest choice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 4: Pop-tarts: Total fat = \_\_\_\_\_\_\_ g = \_\_\_\_\_\_\_%

Calories = \_\_\_\_\_\_\_\_\_\_

Vitamin A = \_\_\_\_\_\_\_\_\_%

STATION 5:

Fudge Brownies: Serving size = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Fat = \_\_\_\_\_\_\_\_\_\_\_\_\_

Calories = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you are allergic to eggs is this food OK (safe) for you to eat? \_\_\_\_\_\_\_

STATION 6:

Macaroni & Cheese: Total sodium = \_\_\_\_\_\_\_\_\_\_\_ Total fiber = \_\_\_\_\_\_\_\_\_\_\_

Iron = \_\_\_\_\_\_\_\_\_\_%

STATION 7:

Hamburger Helper: How much sodium? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What % daily supply is this when it’s prepared? \_\_\_\_\_\_\_\_\_\_%

How much % saturated fat when prepared? \_\_\_\_\_\_\_\_\_%

STATION 8: Ritz Crackers: Total fat = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is there any Vitamin C in it? \_\_\_\_\_\_\_\_\_\_\_\_\_

What is the main ingredient in this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BONUS:** How many different “sugars” are in these crackers? \_\_\_\_\_\_\_\_

STATION 9:

Granola Bars: How many different ingredients are in this product? \_\_\_\_\_\_\_\_\_\_\_

STATION 10: Which of these 6 vegetables has the fewest calories? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which has the most calories? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which 2 give you the mineral potassium? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 11: Which of these fruits is the only one that gives you iron? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which fruit has the most calories? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 12: Which of these “desserts”/treats would be the better, healthier choice to eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 13: Which of these Meat and Bean group foods has the most fat per serving?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which one gives you the most protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 14: Does chicken or turkey have the fewest calories? \_\_\_\_\_\_\_\_\_\_\_\_\_

Which has the most protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 15: Which of these grain group breads has the fewest calories? \_\_\_\_\_\_\_\_\_\_\_\_\_

Which one gives you the most vitamins and minerals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which has the most calories? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 16: Which of these nuts/seeds is highest in fats? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which has the most protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fewest calories? \_\_\_\_\_\_\_

STATION 17: Which juice has the most vitamins and protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 18: Which of these 3 meats would be the healthiest choice? (Hint: low in calories

and fat, high in protein and vitamins/minerals) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 19: Which of the beverages shown on this poster has the most calories? \_\_\_\_\_\_\_

How many calories are in it? \_\_\_\_\_\_\_\_\_\_\_\_

Which drink has the fewest calories? \_\_\_\_\_\_\_\_\_\_\_\_

Which one has the same amount of fat in it as 4 peanut butter cups?\_\_\_\_\_\_

STATION 20: On this salt poster it says that diets high in sodium are linked to what 3 health

problems? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

STATION 21: How many teaspoons of sugar are in a 44 oz. cola soft drink? \_\_\_\_\_\_\_\_\_\_\_\_\_

How many M&M’s would you have to eat to get the same amount of sugar as

in a 32 oz. thick chocolate shake? \_\_\_\_\_\_\_\_\_\_\_\_

STATION 22: Corn Dogs:

Total sodium in a serving? \_\_\_\_\_\_\_\_\_\_ % Daily Value of sodium? \_\_\_\_\_\_\_\_\_