

# MY Heart IN MY Hands

## Healthy Eating Activity: Label Reading Team Trivia

### Materials:

- None

### Instructions:

- Divide your guests into 2 teams.
- Alternate asking each team the questions.
- One correct answer= 1 point.
- Ask the teams to keep track of their points.
- If a team answers incorrectly, the other team can provide an answer and steal the point.
- See which team gets the highest score!

### Questions:

1. On which of the following food items would you typically find a nutrition facts table?
  - a. Tea leaves
  - b. A box of crackers
  - c. Cookies made at the grocery store
  - d. A bag of apples

Nutrition facts tables are found on almost all prepackaged foods. They are not typically found on fresh fruit and vegetables, products that do not have many nutrients such as tea leaves or coffee beans, or foods that are prepared or processed at the grocery store.

2. True or false: The serving size on a nutrition facts table is always the same as a serving size from Canada's Food Guide? **False**. The serving size on a nutrition facts table will not necessarily be the same as a Canada's Food Guide serving size.
3. Which spread has more sugar per nutrition facts table serving size (1 tbsp): Peanut butter or honey? **Honey**. It has more sugar per nutrition facts table serving size than peanut butter (16 grams versus 1 gram).



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4. What information is found directly below the serving size:

- a. Information about fat
- b. Amount of protein
- c. **Number of calories**
- d. Amount of cholesterol

5. Fill in the blank: Choose unsaturated fats \_\_\_\_\_ often and saturated and trans fats \_\_\_\_\_ often. **more, less**. Saturated fat and trans fat raises unhealthy LDL cholesterol but also lowers healthy HDL cholesterol.

6. What is the maximum amount of sodium that adults should consume per day?

- a. 2 teaspoons
- b. 1 tablespoon
- c. **1 teaspoon**
- d. 2 tablespoons

Most adults eat far more than the maximum daily amount of sodium of 2300 mg (or 1 teaspoon!)

7. Fill in the blank: As a general rule of thumb, daily value or less is considered to be “a little” of a nutrient while a \_\_\_\_\_ daily value or more is considered to be “a lot” of nutrient. **5%, 15%**

8. Which cheese has more total fat per nutrition facts table serving size (30 g): Mozzarella or marble cheddar? **Marble cheddar**. It has more total fat per nutrition facts table serving size than mozzarella (10 grams versus 4 grams).

9. Fill in the blank: When we are comparing the nutrient information for two products, it is important for the nutrition facts serving size amount in grams or millilitres to be \_\_\_\_\_. **similar or the same**

10. True or false: In the ingredients list, the ingredients are listed from least to greatest amount. **FALSE**. In the list, ingredients are always listed in descending order by weight; this means that the first ingredient in the list is present in the greatest amount.

11. We should get most of our energy from:

- a. Fats
- b. Proteins
- c. **Carbohydrates**

Carbohydrates are the body's primary source of dietary energy.

12. True or False: The 5/15 Rule for % daily value applies to all of the nutrients in a nutrition facts table. **TRUE**.

13. Fill in the blank: It is \_\_\_\_\_ for most prepackaged foods in Canada to have a nutrition facts table. **mandatory or required**