



Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “*Nutrition Labels: Start With Breakfast*”, answer the following questions.

1. What is the first thing you should look at when reading the nutrition label on a box of cereal?
2. Name and explain the different kinds of fats listed on a cereal box nutrition label.
3. Why should you avoid trans fats? What is a source of trans fats?



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TEACHER'S KEY

Review

Directions: After watching “*Nutrition Labels: Start With Breakfast*”, answer the following questions.

- What is the first thing you should look at when reading the nutrition label on a box of cereal?
It is important to look at the serving size. If you are eating three bowls of cereal for breakfast, then you need to multiply all of the numbers by three.
- Name and explain the different kinds of fats listed on a cereal box nutrition label.
Total fat: this is the total grams of fat in each serving of cereal
Saturated fat: this fat is solid at room temperature and is found in animal products. Aim for the least amount of saturated fat possible
Unsaturated fat: this fat is liquid at room temperature and is found in plant products and fish. It has a good effect on your cholesterol level. This includes poly- and monounsaturated fats
Trans fat: this fat is solid at room temperature and is a manufactured fat
- Why should you avoid trans fats? What is a source of trans fats?
Trans fats are not natural- they are made from hydrogenated oils and raise bad cholesterol levels and lower your good cholesterol while increasing your risk for heart disease or stroke. Trans fats can be found in commercial baked goods like cookies, crackers, and pies, and in fried foods, like French fries.

4. What is fiber and why is it important? How much should you have at breakfast?
Fiber is a complex carbohydrate that slows down digestion and fills you up. You should shoot for at least five grams of fiber at breakfast.
5. What ingredient should be first on a list of ingredients? Which ingredients should you watch out for?
A whole grain product, such as oat bran or whole grain flour, should be first. Avoid cereals with: sugar listed as one of the first ingredients, corn syrup, shortening, partially-hydrogenated oils or hydrogenated oils.
6. Why is it important to eat breakfast?
Answers may include: fills you up, makes you alert, gives you energy, jump-starts your metabolism, helps you concentrate, helps you with tests, makes you slimmer, people who skip breakfast are more likely to make poor food choices later in the day, and helps you when you're active.
7. List the components of a balanced breakfast.
A serving of protein, healthy fats, and whole grain, high-fiber carbohydrates. It should also include a serving of fruits or vegetables.
8. Why is it important to include protein in your breakfast?
Protein normalizes blood sugar, builds muscle, fills you up and gives you energy until lunch time.
9. What are some healthy options for breakfast at a fast food restaurant?
English muffin egg sandwich, orange juice, fruit and yogurt with granola, Canadian bacon, low-fat milk, low-fat muffin, whole grain bagel, low-fat cream cheese.
10. What are some unhealthy options?
Cinnamon roll, French fries, cheesy sausage biscuit, croissant, anything that is high in sugar.