



# FOOD LABELING

Directions: Choose five foods that are found in your home. For each food chosen, use the food label to identify the amount (percent of the daily value, or % DV) of calcium, iron, vitamin A, vitamin C and fiber found in one serving. Then answer the questions below.

Nutrient Amount (%DV)					
Food Name	Calcium (Ca)	Iron (Fe)	Vitamin A (A)	Vitamin C (C)	Fiber (Fiber)
1.					
2.					
3.					
4.					
5.					

## Questions

- Which food is highest in calcium? \_\_\_\_\_
- Which food is lowest in calcium? \_\_\_\_\_
- Which food is highest in iron? \_\_\_\_\_
- Which food is lowest in iron? \_\_\_\_\_
- Which food is highest in vitamin A? \_\_\_\_\_
- Which food is lowest in vitamin A? \_\_\_\_\_
- Which food is highest in vitamin C? \_\_\_\_\_
- Which food is lowest in vitamin C? \_\_\_\_\_
- Which food is highest in fiber? \_\_\_\_\_
- Which food is lowest in fiber? \_\_\_\_\_