



# 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.

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

## Questions

1. Which food is highest in calcium? \_\_\_\_\_
2. Which food is lowest in calcium? \_\_\_\_\_
3. Which food is highest in iron? \_\_\_\_\_
4. Which food is lowest in iron? \_\_\_\_\_
5. Which food is highest in vitamin A? \_\_\_\_\_
6. Which food is lowest in vitamin A? \_\_\_\_\_
7. Which food is highest in vitamin C? \_\_\_\_\_
8. Which food is lowest in vitamin C? \_\_\_\_\_
9. Which food is highest in fiber? \_\_\_\_\_
10. Which food is lowest in fiber? \_\_\_\_\_