

READ A CHART

Name _____ Date _____

How Nutritious Are Your Snacks?

Use the *How Nutritious Are Your Snacks?* chart to help you answer the following questions.



1. How many calories are there in 15 pretzel twists? _____
2. Which snack on the chart has the smallest amount of fat in a serving? _____
3. Which has more calories -- a bag of potato chips or a bag of corn chips? _____
4. Which snack on the chart has the most sugar in it? _____
5. Which snack is highest in cholesterol? _____
6. Which snack has more fat -- 2 cups of popcorn cooked in oil or a vanilla ice cream cone?

For the rest of the questions, compare 2 cups of popcorn to a small (8 ounce) bag of potato chips:

7. Which of the two snacks has more calories? _____
8. How many more grams of fat does a serving of the chips have? _____
9. How many more grams of sugar does popcorn have? _____
10. How many more grams of carbohydrates do potato chips have? _____