

# ACTIVITIES FROM THE RIPKEN PLAYBOOK



## NUTRITION

Draw a picture of your product.

Ingredients

Write down the Nutrition Facts.

What is a **serving size**? \_\_\_\_\_

How many **servings** are in a package? \_\_\_\_\_

How many **calories** are in a serving? \_\_\_\_\_

Protein \_\_\_\_\_ Daily Value \_\_\_\_\_

Fats \_\_\_\_\_ Daily Value \_\_\_\_\_

Carbohydrates \_\_\_\_\_ Daily Value \_\_\_\_\_

Vitamins \_\_\_\_\_ Daily Value \_\_\_\_\_

Minerals \_\_\_\_\_ Daily Value \_\_\_\_\_

Healthy Facts	Unhealthy Facts

Based on the Nutrition Label, would you consider this product to be healthy? Why? Why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

