

How Healthy is Your Snack?

An activity of "Finding food is easy but eating well is not"

In "Finding food is easy but eating well is not", (page 11, *What's Up* February 2020), Yerzhan finds it difficult to resist the lure of snacks — a familiar situation to many of us. Have you ever thought about how healthy the snacks you eat are? Let's look at the nutrition facts on a pack of cookies.

1. How many cookies are there in this pack)? _____
2. How many calories does one cookie have? _____
 - a. How many calories would you consume if you were to eat the whole pack? _____
 - b. What percentage of Daily Value would that be? _____
3. How many grams of total fat does one cookie have? _____
 - a. How many grams of total fat would you consume if you were to eat the whole pack? _____
 - b. What percentage of Daily Value would that be? _____
4. How many grams of total carbohydrates does one cookie have? _____
 - a. How many grams of total carbohydrates would you consume if you were to eat the whole pack? _____
 - b. What percentage of Daily Value would that be? _____
5. How many grams of total sugars does one cookie have? _____
 - a. How many grams of total sugars would you consume if you were to eat the whole pack? _____
 - b. What percentage of Daily Value would that be? _____

Nutrition Facts	
about 15 servings per container	
Serving size 2 cookies (29g)	
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 13g Added Sugars	26%
Protein Less than 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0.9mg	6%
Potassium 35mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Based on your answers above, how healthy do you think this pack of cookies is? Circle your answer below.

(1) very healthy	(2) healthy	(3) neither healthy nor unhealthy	(4) unhealthy	(5) very unhealthy
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Give your reason(a) for your answer: _____
