Breakfast Cereal Nutrition Facts Warm Up

Use the information on your cereal box to answer the following questions.

1) How many servings are in your box of cereal? _____________

2) How many grams of sugar are in one serving of cereal? _____________

3) Is there more iron or calcium in the cereal? _______ How much more? _______

4) How many calories are in one serving of cereal without milk? _____________

5) How many calories are in two servings of cereal with milk? _____________

6) How many grams are in four servings of cereal? _________________
   (Hint: Look at the serving size.)

7) How many grams of fat are in your cereal? _______________
   How much of that fat is not monounsaturated fat? _______________

8) What percentage of daily sodium does your cereal provide? _____________

Write your own questions about your cereal that can be answered by reading the cereal box.

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