Name _____ Date _____

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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