



# Choose One

LEVEL 1

LEVEL 2



# WHAT IS THE SERVING SIZE?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

**Amount Per Serving**

---

**Calories 100**

---

**% Daily Value**

---

**Total Fat 8g**

5%

---

**Sodium 50g**

8%

---

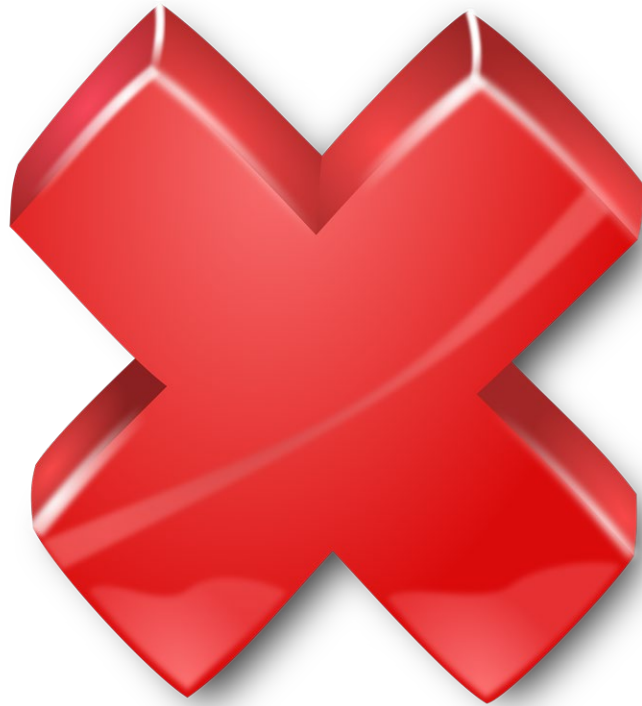
**Vitamin C**

10%

$\frac{1}{2}$   
CUP

1  
CUP

2  
CUPS



TRY AGAIN!



NICE JOB!

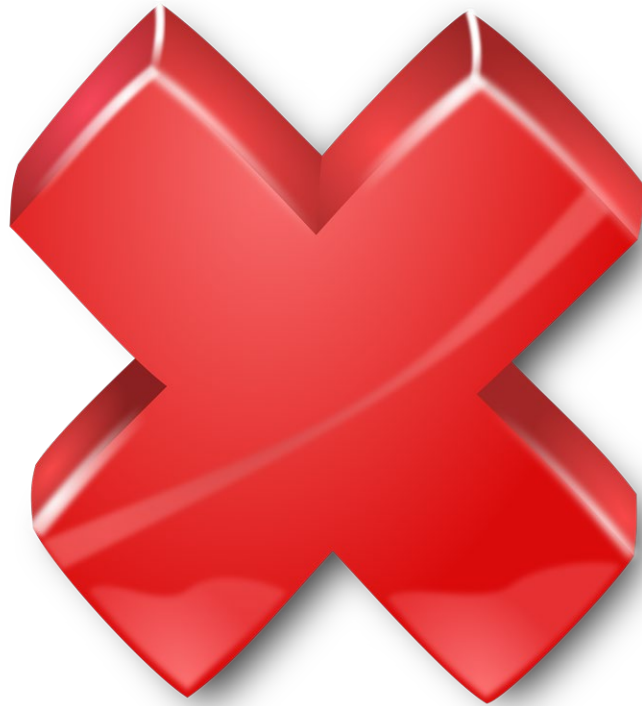
# WHAT IS THE TOTAL FAT IN GRAMS?

<b>Nutrition Facts</b>	
Serving Size 1 Cup	
Servings Per Container 4	
<hr/>	
<b>Amount Per Serving</b>	
<hr/>	
<b>Calories 100</b>	
<hr/>	
<b>% Daily Value</b>	
<b>Total Fat 8g</b>	
	<b>5%</b>
<b>Sodium 50g</b>	
	<b>8%</b>
<hr/>	
<b>Vitamin C</b>	<b>10%</b>

10g

8g

4g



TRY AGAIN!





NICE JOB!

# ABOUT HOW MANY SERVINGS PER CONTAINER?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

### Amount Per Serving

---

**Calories** 100

---

### % Daily Value

---

**Total Fat** 8g

5%

---

**Sodium** 50g

8%

---

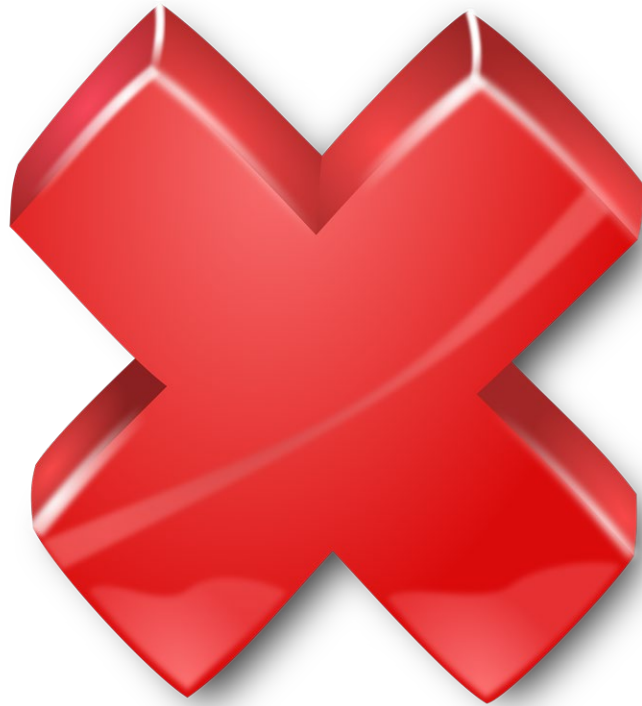
**Vitamin C**

10%

4

9

5



TRY AGAIN!



NICE JOB!

# HOW MANY CALORIES PER SERVING?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

**Amount Per Serving**

---

**Calories 100**

---

**% Daily Value**

---

**Total Fat 8g**

5%

---

**Sodium 50g**

8%

---

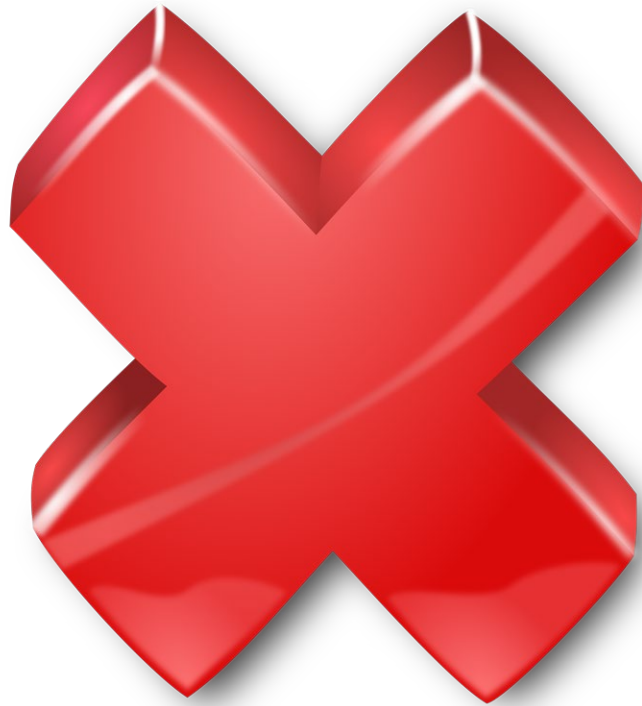
**Vitamin C**

10%

230

180

100



TRY AGAIN!



NICE JOB!

# WHAT IS THE % DAILY VALUE OF TOTAL FAT?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

### Amount Per Serving

Calories 100

### % Daily Value

Total Fat 8g

5%

Sodium 50g

8%

Vitamin C

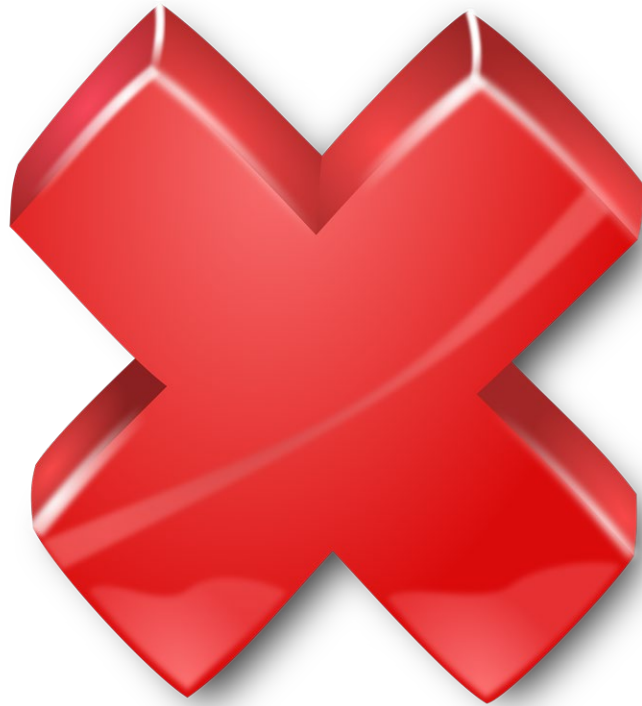
10%

8%

5%

10%





TRY AGAIN!



NICE JOB!

# WHAT IS THE SODIUM IN GRAMS?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

### Amount Per Serving

---

**Calories 100**

---

### % Daily Value

---

**Total Fat 8g**

5%

**Sodium 50g**

8%

---

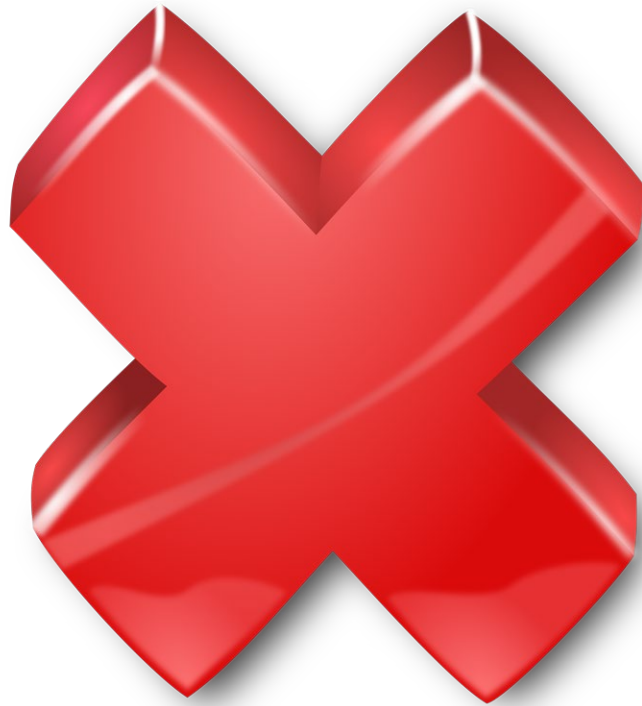
**Vitamin C**

10%

10g

8g

50g



TRY AGAIN!



NICE JOB!

# WHAT IS THE % DAILY VALUE OF SODIUM?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

### Amount Per Serving

---

**Calories** 100

---

### % Daily Value

---

**Total Fat** 8g

5%

**Sodium** 50g

8%

---

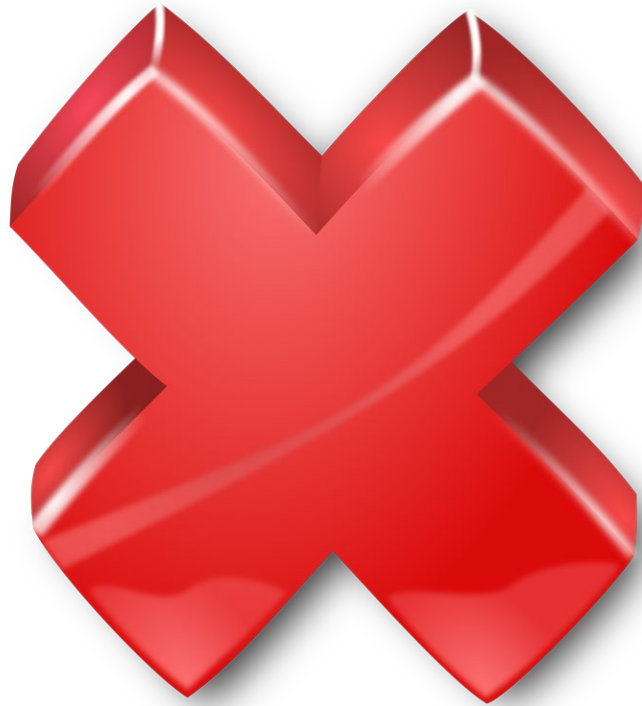
**Vitamin C**

10%

10%

8%

5%



TRY AGAIN!



NICE JOB!



# WHAT IS THE % DAILY VALUE OF VITAMIN C?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

### Amount Per Serving

**Calories** 100

### % Daily Value

**Total Fat** 8g

5%

**Sodium** 50g

8%

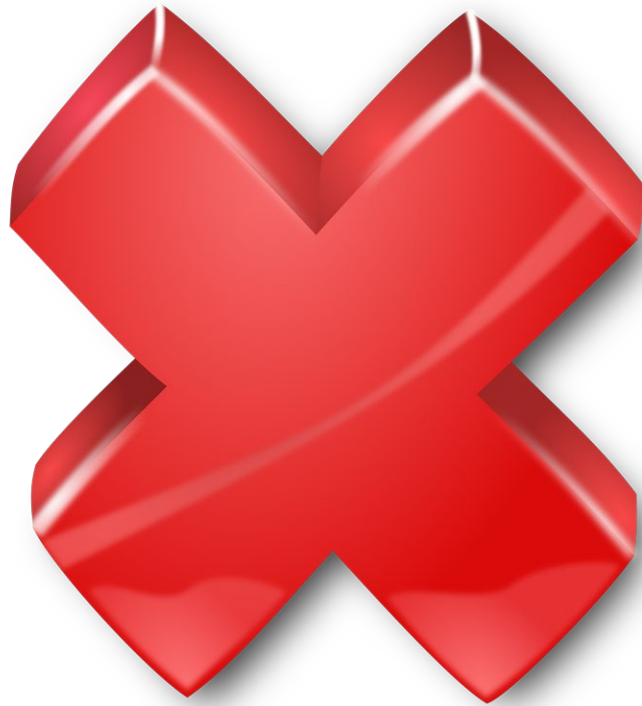
**Vitamin C**

10%

10%

8%

5%



TRY AGAIN!



NICE JOB!

IF YOU USE 2 CUPS,  
HOW MANY  
SERVINGS WILL THAT  
MAKE?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

**Amount Per Serving**

---

**Calories 100**

---

**% Daily Value**

---

**Total Fat 8g**

**5%**

---

**Sodium 50g**

**8%**

---

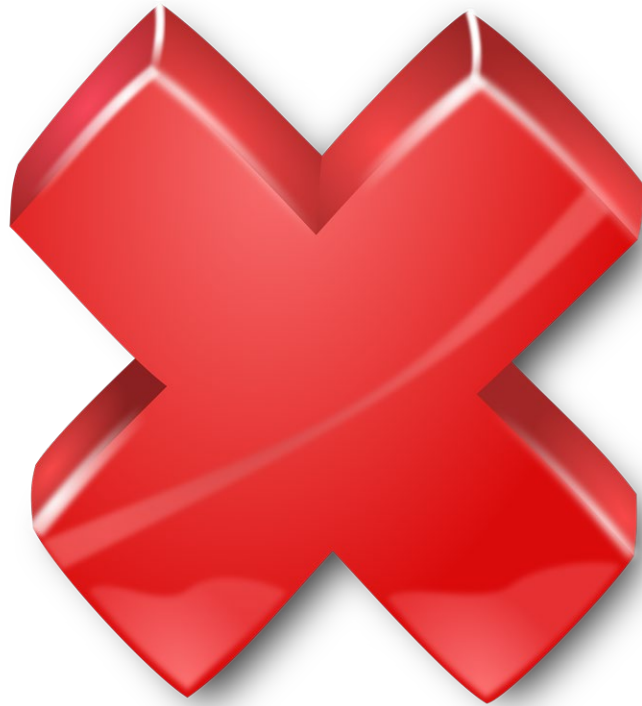
**Vitamin C**

**10%**

1

2

3



TRY AGAIN!



NICE JOB!

IF YOU USE 4 CUPS,  
HOW MANY  
SERVINGS WILL  
THAT MAKE?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

### Amount Per Serving

Calories 100

### % Daily Value

Total Fat 8g

5%

Sodium 50g

8%

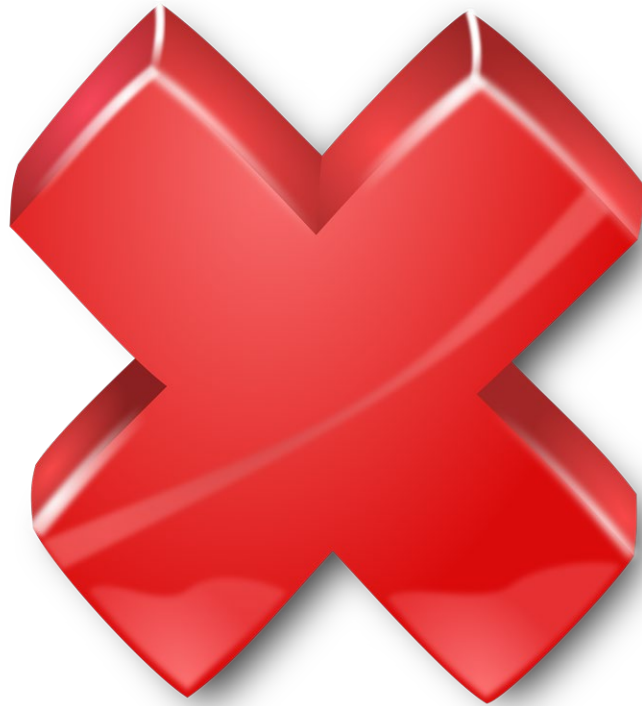
Vitamin C

10%

3

4

5



TRY AGAIN!





NICE JOB!

IF YOU USE 1 CUP,  
HOW MANY  
CALORIES WILL THAT  
BE?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

**Amount Per Serving**

---

**Calories 100**

---

**% Daily Value**

---

**Total Fat 8g**

5%

---

**Sodium 50g**

8%

---

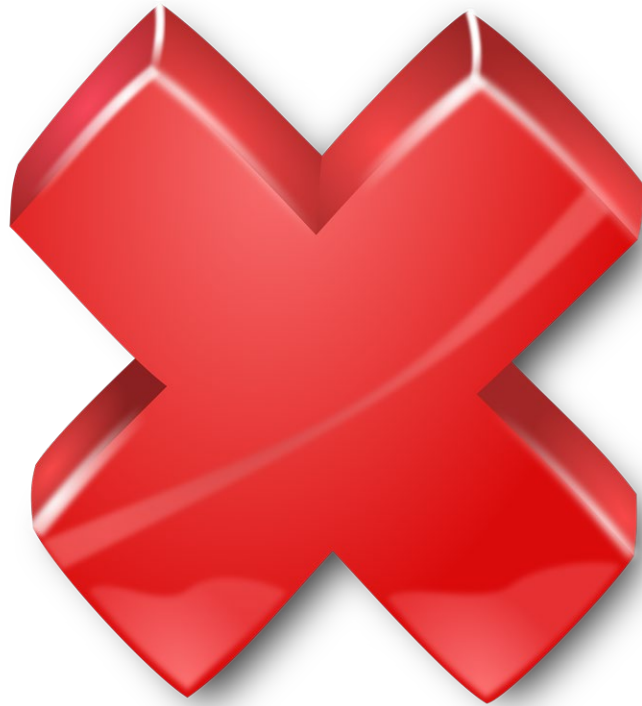
**Vitamin C**

10%

300

200

100



TRY AGAIN!



NICE JOB!

IF YOU USE 4 CUPS,  
HOW MANY  
CALORIES WILL THAT  
BE?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

**Amount Per Serving**

---

**Calories 100**

---

**% Daily Value**

---

**Total Fat 8g**

5%

---

**Sodium 50g**

8%

---

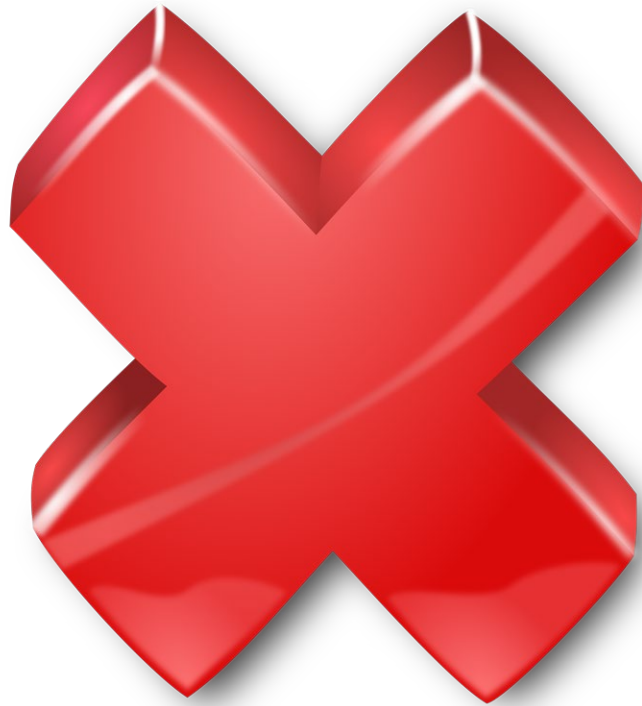
**Vitamin C**

10%

400

300

200



TRY AGAIN!



NICE JOB!

IF YOU WANT TO MAKE  
6 SERVINGS, HOW  
MANY CONTAINERS  
WILL YOU NEED?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

### Amount Per Serving

---

**Calories** 100

---

### % Daily Value

---

**Total Fat** 8g

5%

---

**Sodium** 50g

8%

---

**Vitamin C**

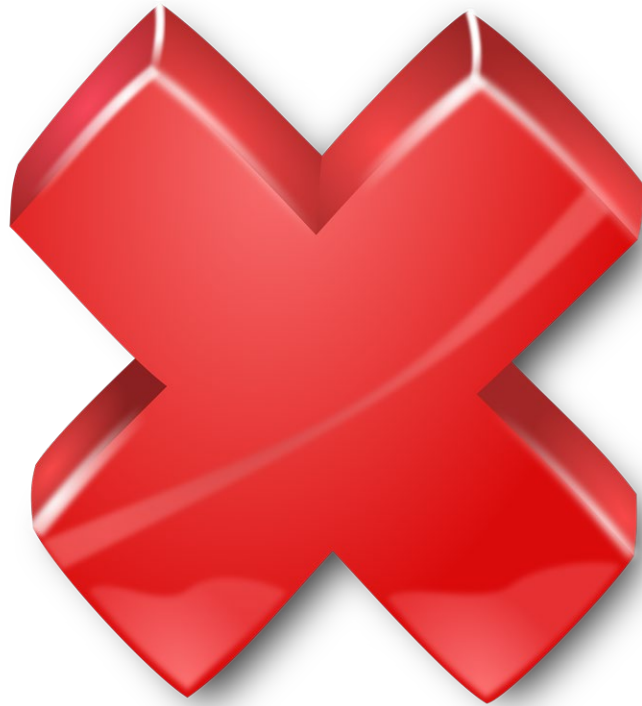
10%

1

2

3





TRY AGAIN!



NICE JOB!

14 IF YOU WANT TO MAKE  
4 SERVINGS, HOW  
MANY CONTAINERS  
WILL YOU NEED?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

**Amount Per Serving**

---

**Calories 100**

---

**% Daily Value**

---

**Total Fat 8g**

5%

---

**Sodium 50g**

8%

---

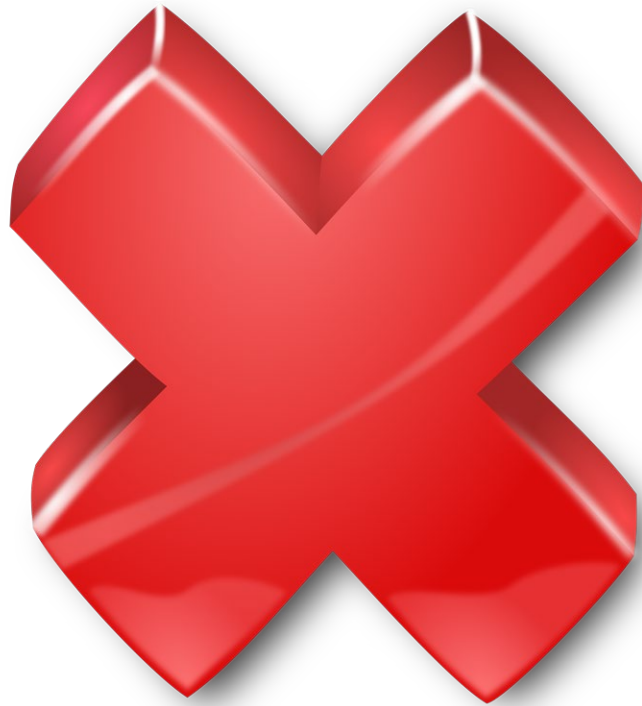
**Vitamin C**

10%

3

2

1



TRY AGAIN!



NICE JOB!

# WHAT VITAMIN DOES THIS CONTAIN?

## Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

---

### Amount Per Serving

---

Calories 100

---

#### % Daily Value

---

Total Fat 8g

5%

Sodium 50g

8%

---

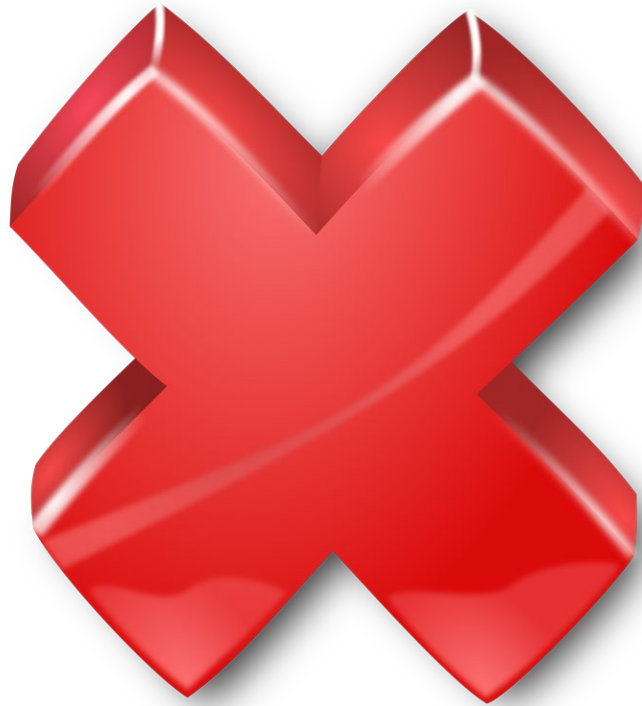
Vitamin C

10%

A

B

C



TRY AGAIN!



NICE JOB!



WHAT  
MEASUREMENT DOES  
THE SERVING SIZE  
CALL FOR?

**Nutrition Facts**

Serving Size 1 Cup

Servings Per Container 4

**Amount Per Serving**

**Calories 100**

**% Daily Value**

**Total Fat 8g**

**5%**

**Sodium 50g**

**8%**

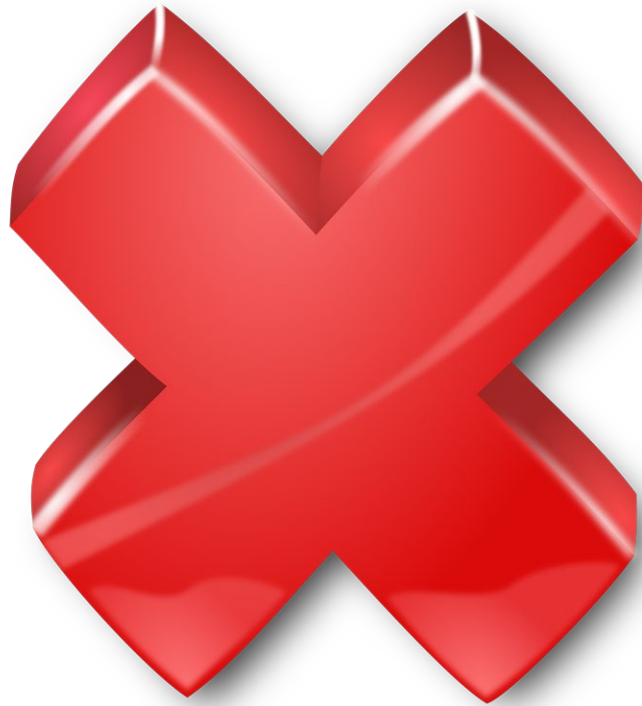
**Vitamin C**

**10%**

TEASPOON

CUP

LITER



TRY AGAIN!



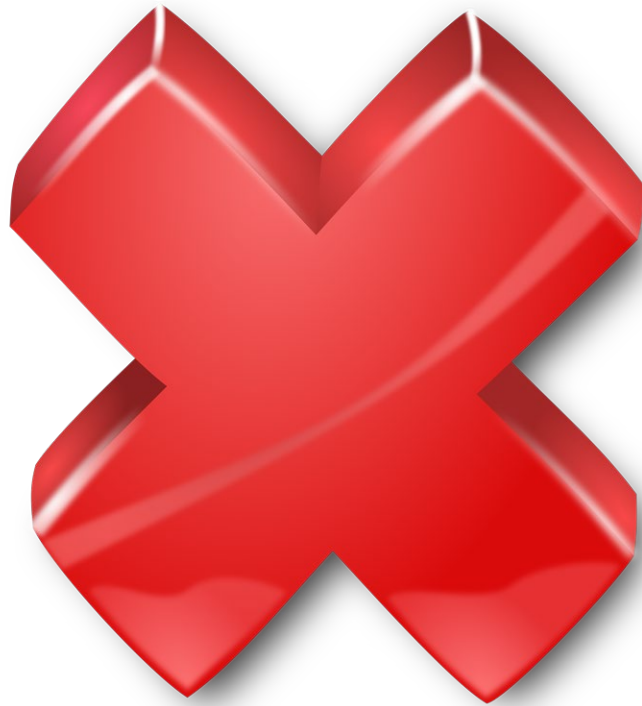
NICE JOB!



ALL DONE!







TRY AGAIN!



NICE JOB!

# WHAT IS THE SERVING SIZE IN GRAMS?

## Nutrition Facts

Serving Size 1/2 Cup (50g)  
Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

### % Daily Value

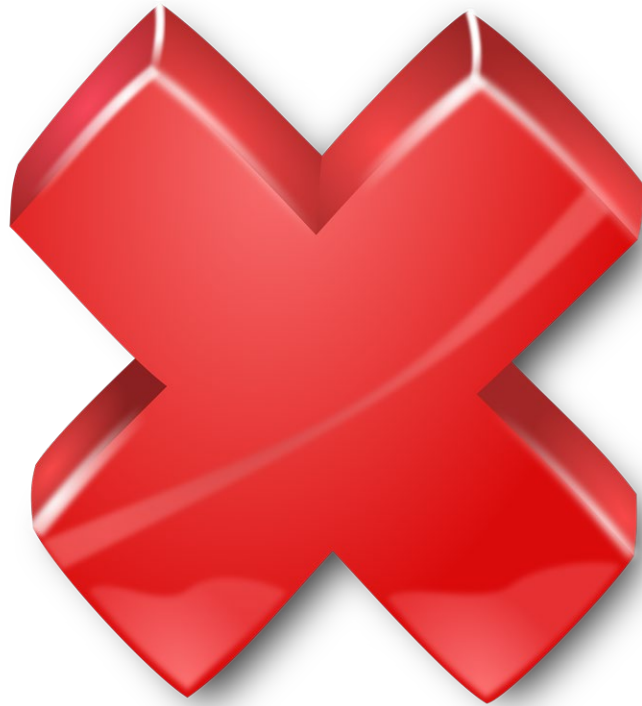
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Sodium</b> 50g	<b>2%</b>
<b>Potassium</b> 180g	<b>5%</b>
<b>Total Carb.</b> 36g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

10g

50g

180g



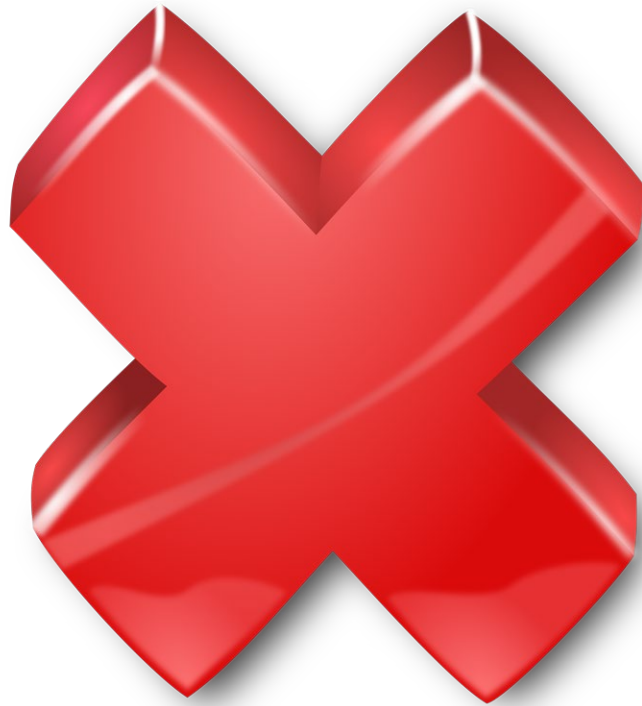


TRY AGAIN!



NICE JOB!



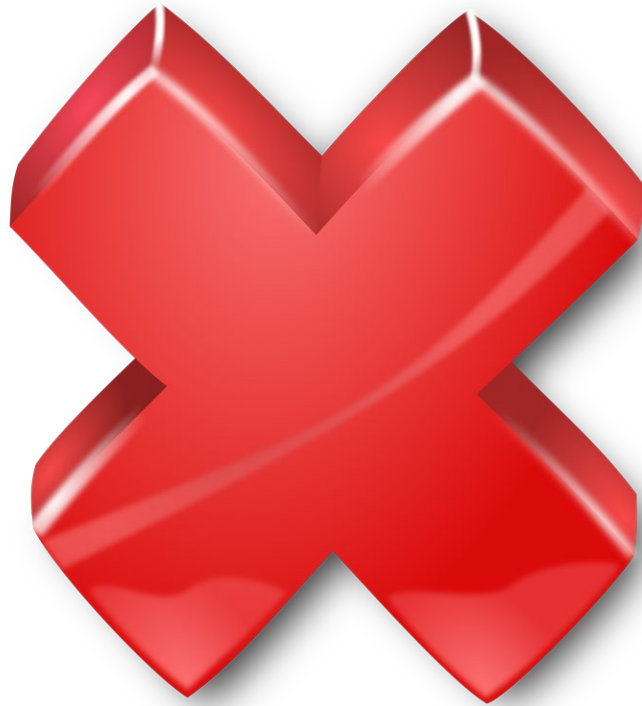


TRY AGAIN!



NICE JOB!





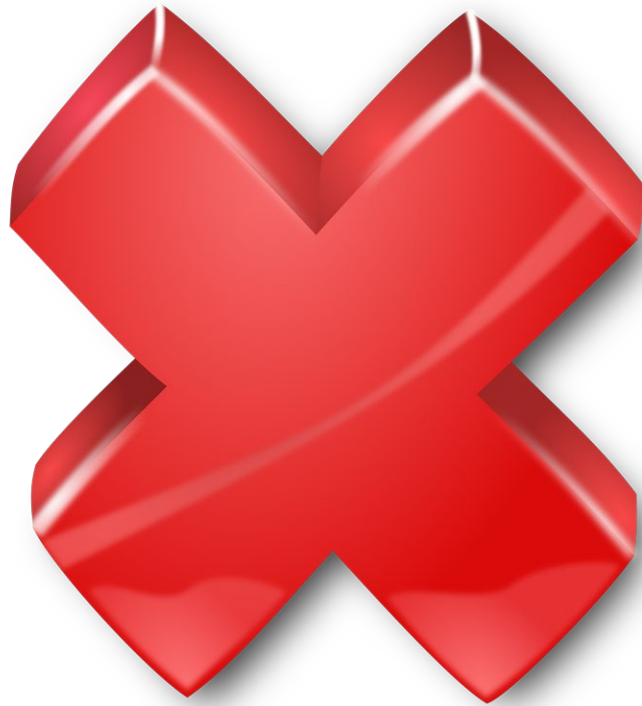
TRY AGAIN!



NICE JOB!







TRY AGAIN!



NICE JOB!

6 HOW MANY CALORIES IS THE WHOLE CONTAINER?

HINT: MULTIPLY SERVINGS PER CONTAINER BY CALORIES PER SERVING

**Nutrition Facts**

Serving Size 1/2 Cup (50g)  
Servings Per Container About 9

**Amount Per Serving**

Calories 230    Calories from Fat 70

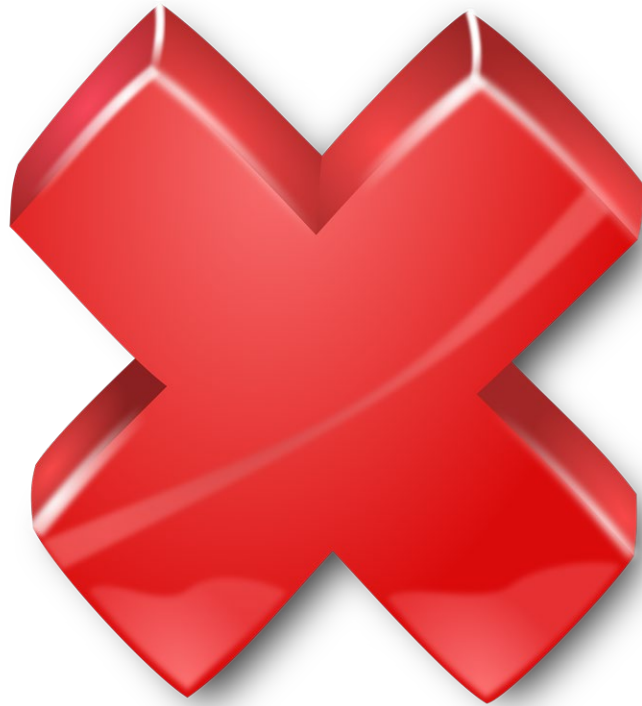
**% Daily Value**

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Sodium</b> 50g	<b>2%</b>
<b>Potassium</b> 180g	<b>5%</b>
<b>Total Carb.</b> 36g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

450

630

2070



TRY AGAIN!



NICE JOB!

# HOW MANY GRAMS OF TOTAL FAT?

## Nutrition Facts

Serving Size 1/2 Cup (50g)

Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

### % Daily Value

**Total Fat 8g** **12%**

Saturated Fat 3g **15%**

**Sodium 50g** **2%**

**Potassium 180g** **5%**

**Total Carb. 36g** **12%**

Sugars 12g

**Protein 4g**

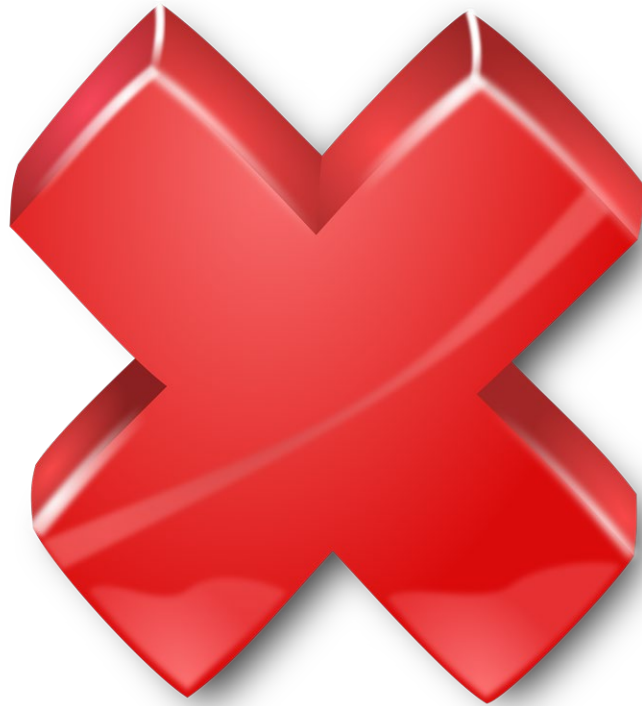
Vitamin A 0%      Vitamin C 0%

Calcium 2%      Iron 6%

8

9

3



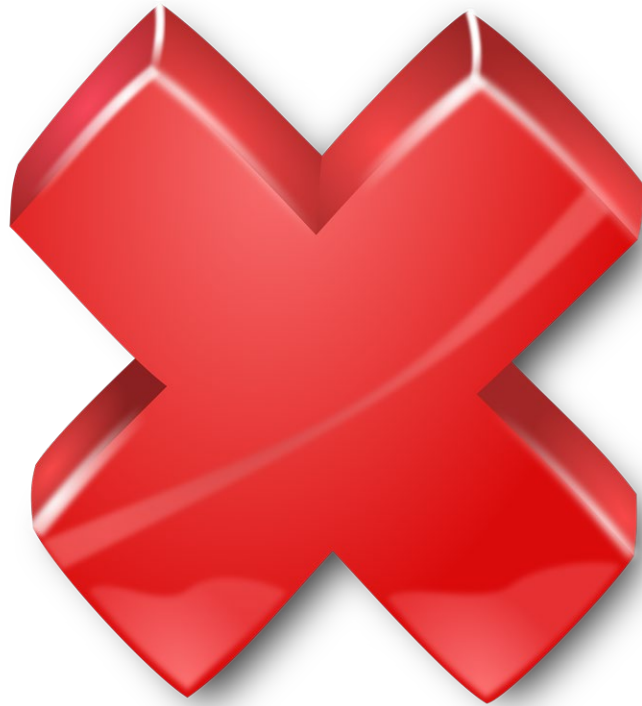
TRY AGAIN!





NICE JOB!



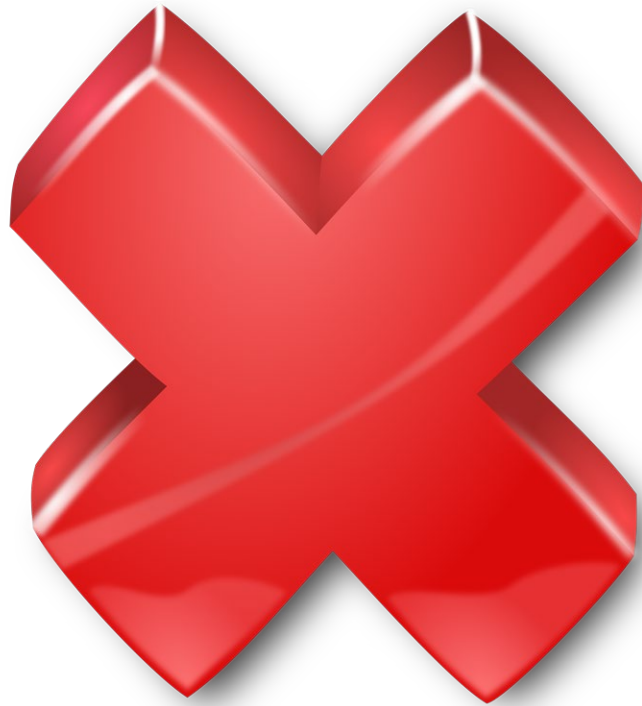


TRY AGAIN!



NICE JOB!





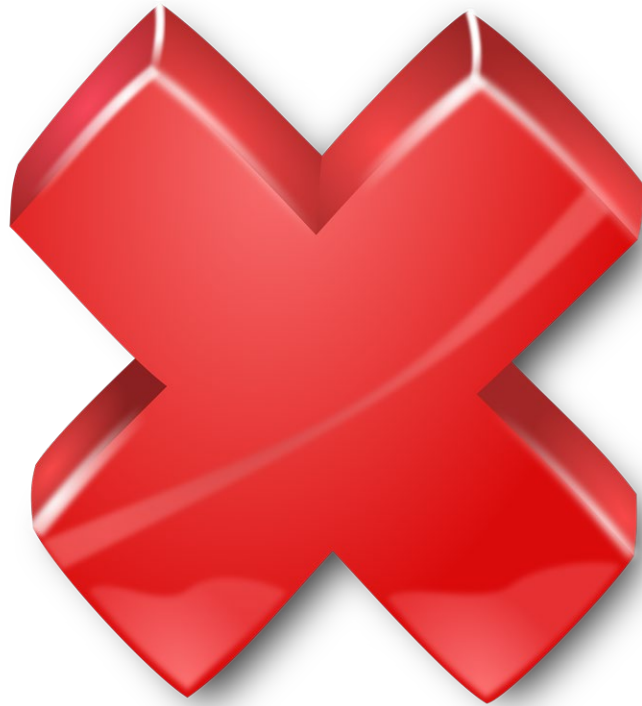
TRY AGAIN!



NICE JOB!





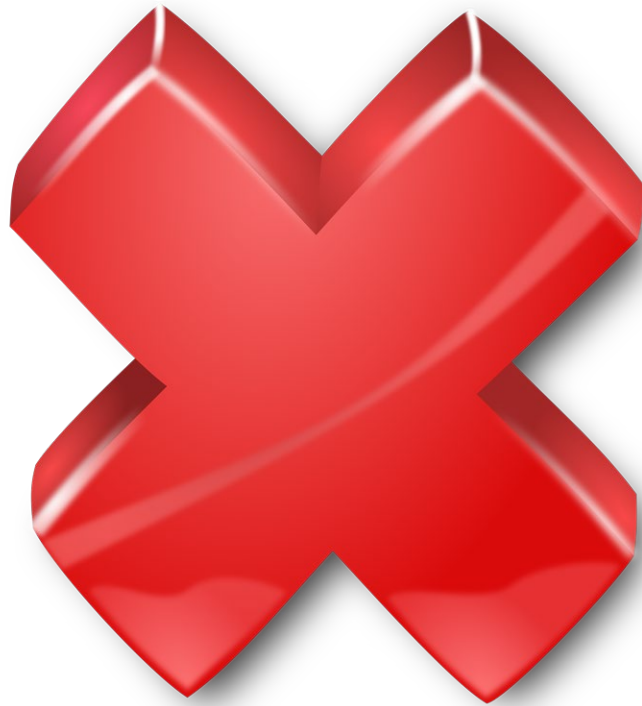


TRY AGAIN!



NICE JOB!



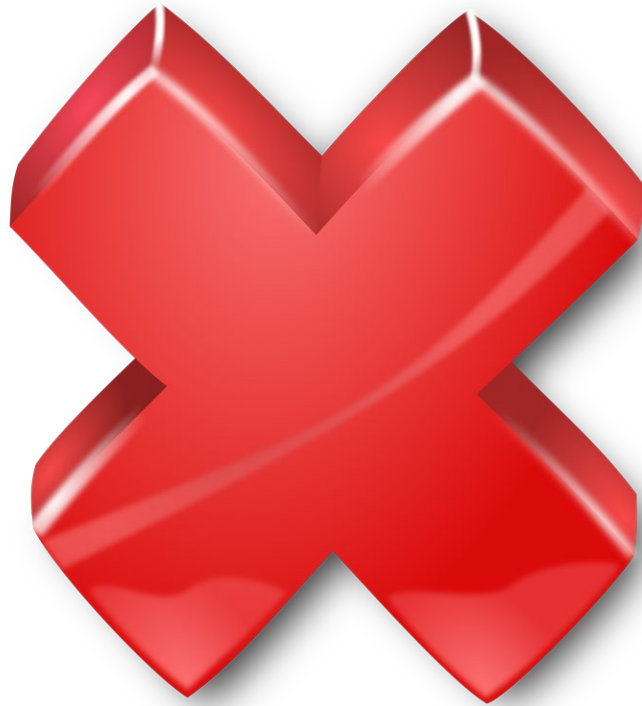


TRY AGAIN!



NICE JOB!





TRY AGAIN!



NICE JOB!



# HOW MANY GRAMS OF PROTEIN?

## Nutrition Facts

Serving Size 1/2 Cup (50g)  
 Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

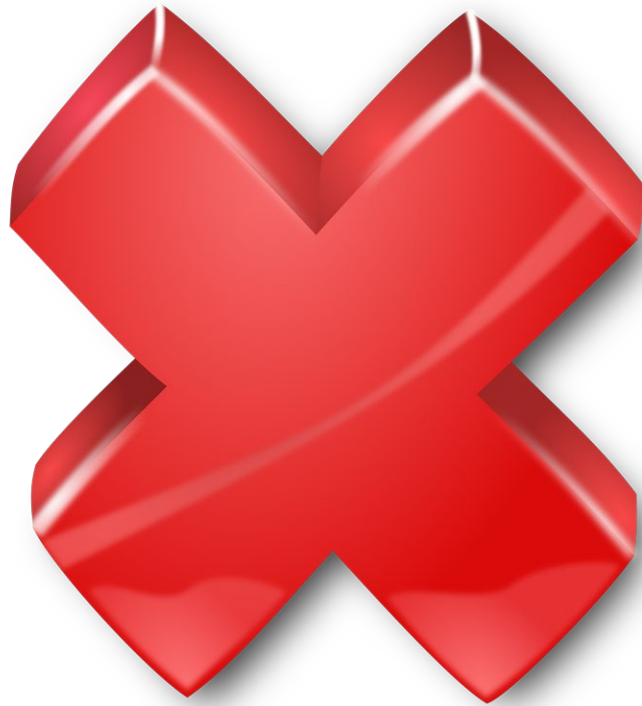
### % Daily Value

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Sodium</b> 50g	<b>2%</b>
<b>Potassium</b> 180g	<b>5%</b>
<b>Total Carb.</b> 36g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

9

12

4

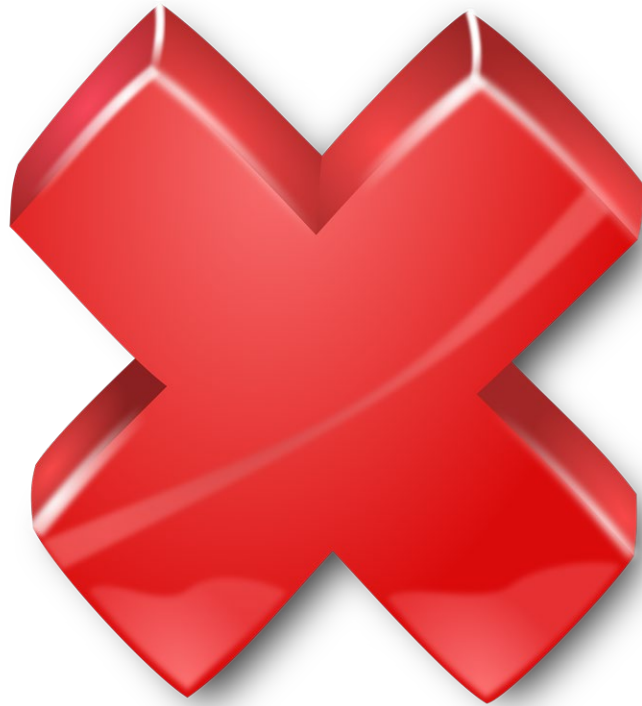


TRY AGAIN!



NICE JOB!



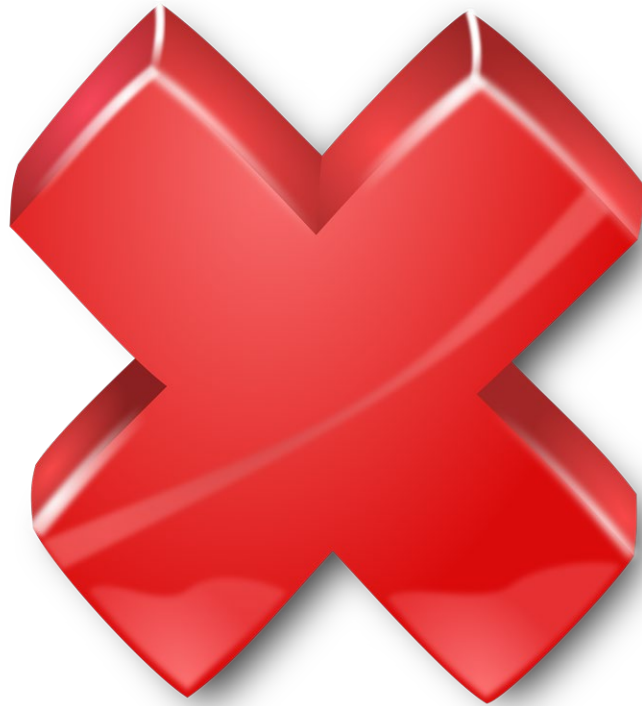


TRY AGAIN!



NICE JOB!





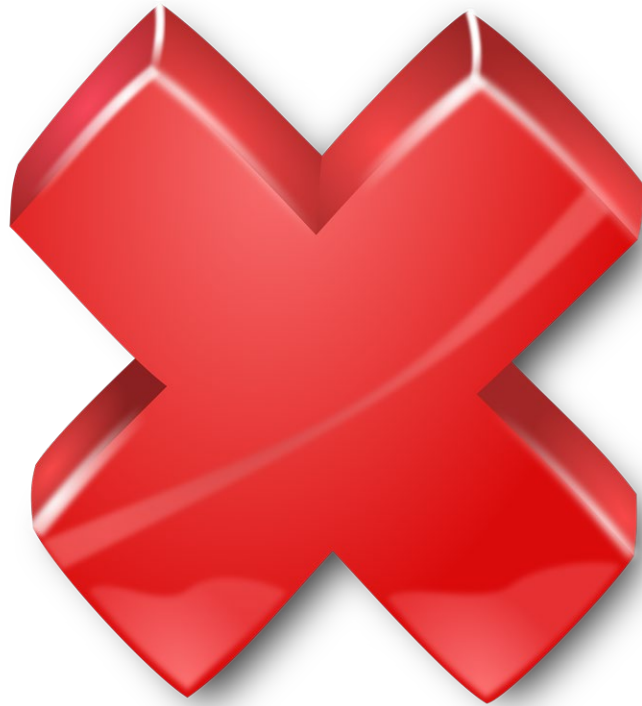
TRY AGAIN!





NICE JOB!





TRY AGAIN!



NICE JOB!

# WHAT IS THE % DAILY VALUE OF POTASSIUM?

## Nutrition Facts

Serving Size 1/2 Cup (50g)  
Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

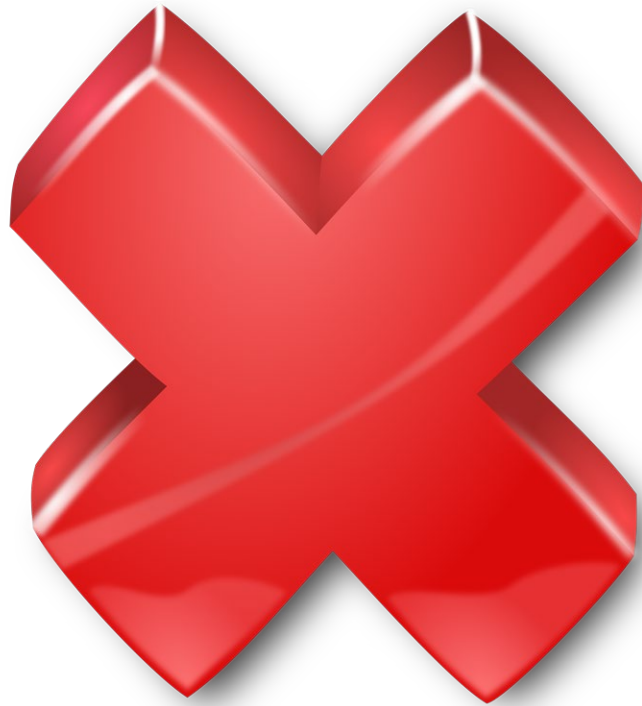
### % Daily Value

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Sodium</b> 50g	<b>2%</b>
<b>Potassium</b> 180g	<b>5%</b>
<b>Total Carb.</b> 36g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

9

5

4



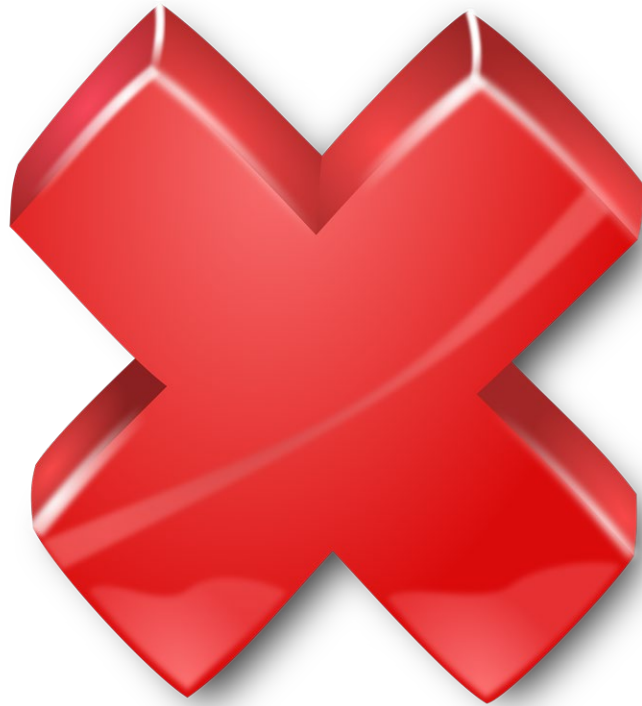
TRY AGAIN!



NICE JOB!





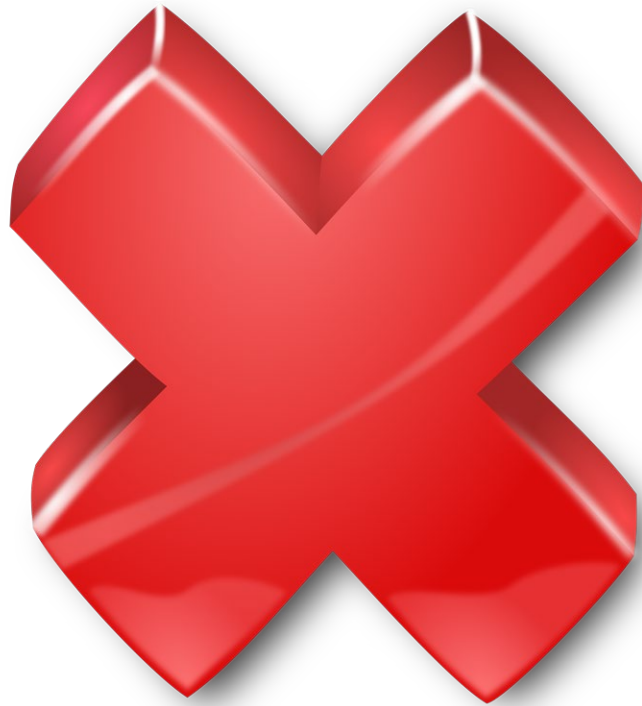


TRY AGAIN!



NICE JOB!





TRY AGAIN!



NICE JOB!

# WHAT IS THE % OF VITAMIN C?

## Nutrition Facts

Serving Size 1/2 Cup (50g)  
Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

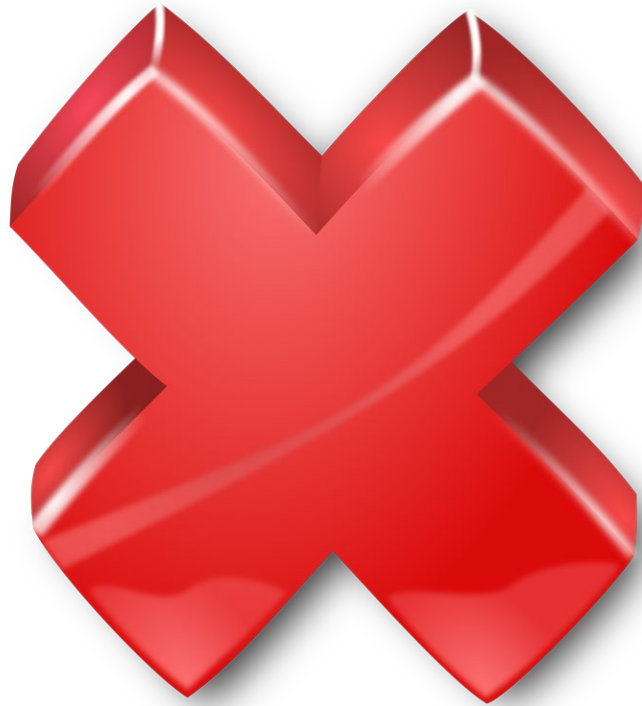
### % Daily Value

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Sodium</b> 50g	<b>2%</b>
<b>Potassium</b> 180g	<b>5%</b>
<b>Total Carb.</b> 36g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

0

15

12



TRY AGAIN!



NICE JOB!



# WHAT IS THE % OF CALCIUM?

## Nutrition Facts

Serving Size 1/2 Cup (50g)  
Servings Per Container About 9

### Amount Per Serving

Calories 230    Calories from Fat 70

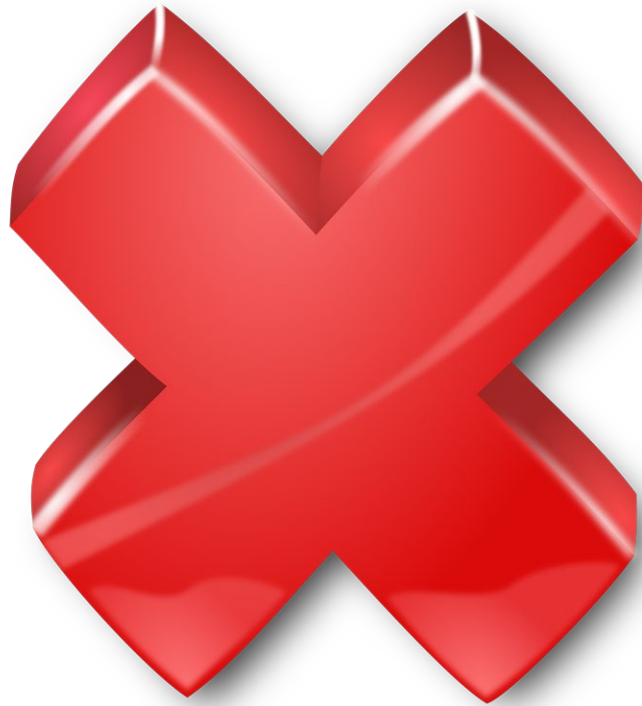
### % Daily Value

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Sodium</b> 50g	<b>2%</b>
<b>Potassium</b> 180g	<b>5%</b>
<b>Total Carb.</b> 36g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

9

5

2

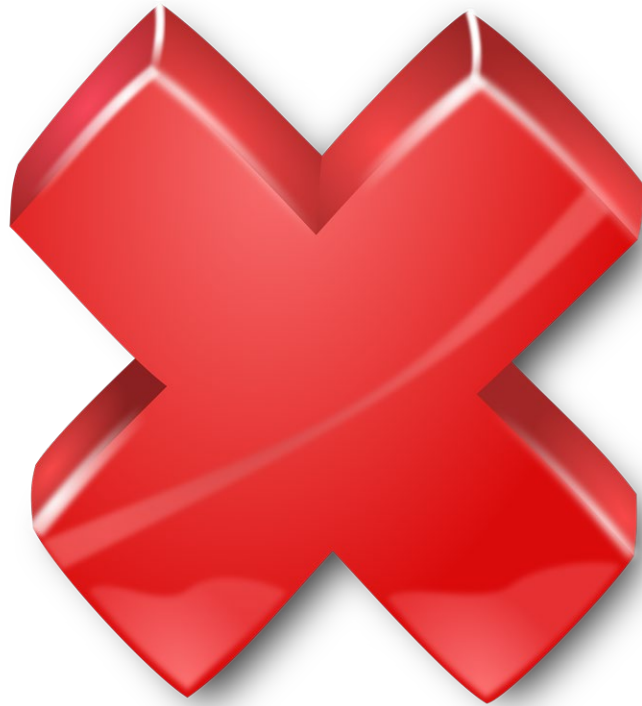


TRY AGAIN!



NICE JOB!



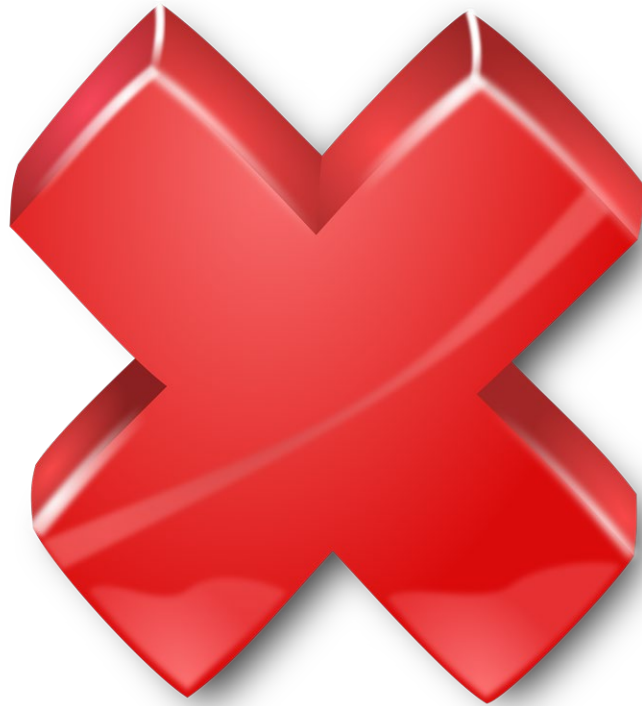


TRY AGAIN!



NICE JOB!





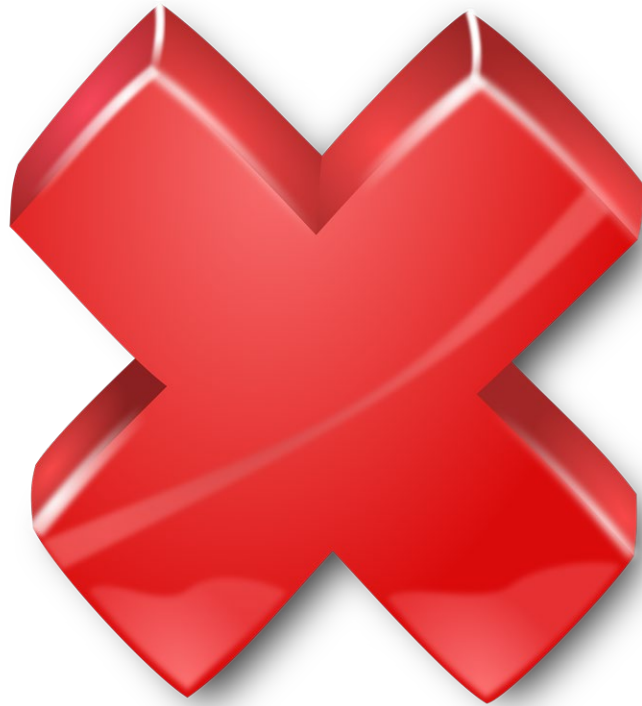
TRY AGAIN!





NICE JOB!



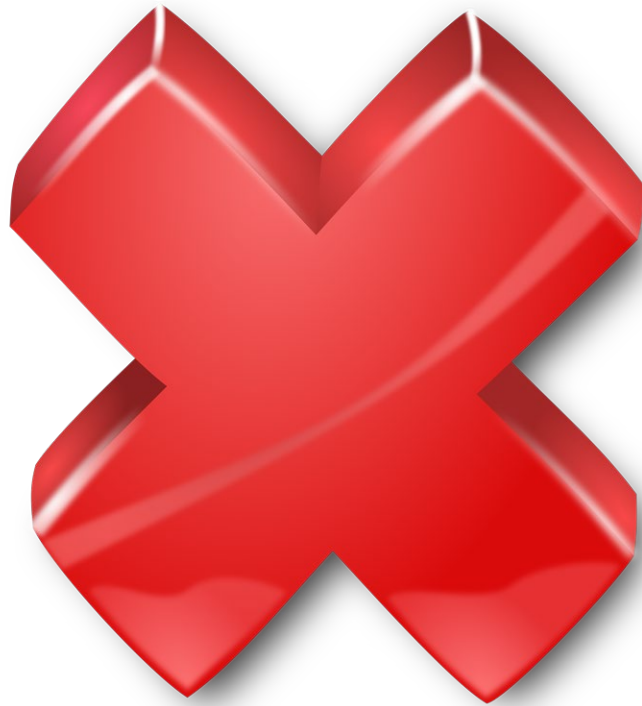


TRY AGAIN!



NICE JOB!





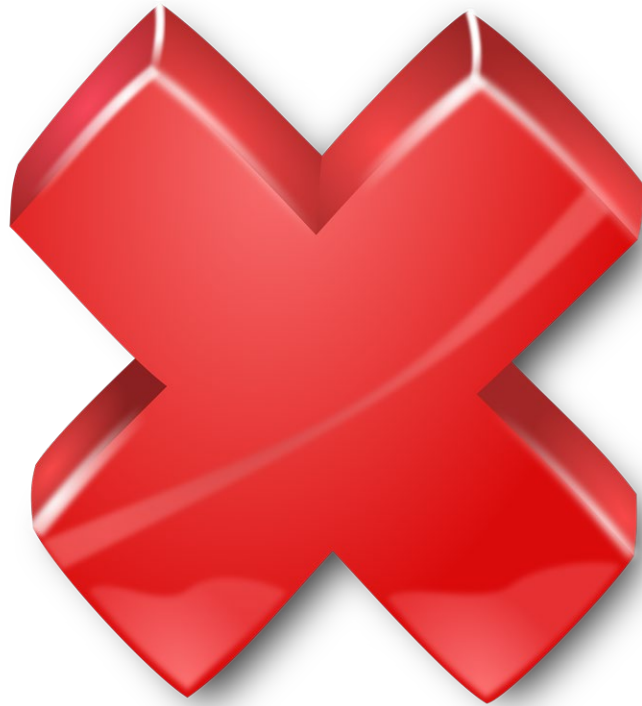
TRY AGAIN!



NICE JOB!





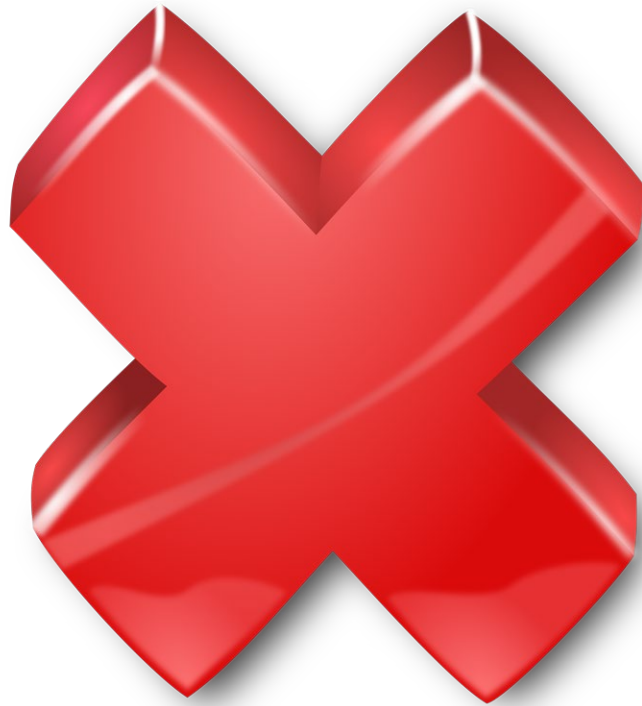


TRY AGAIN!



NICE JOB!



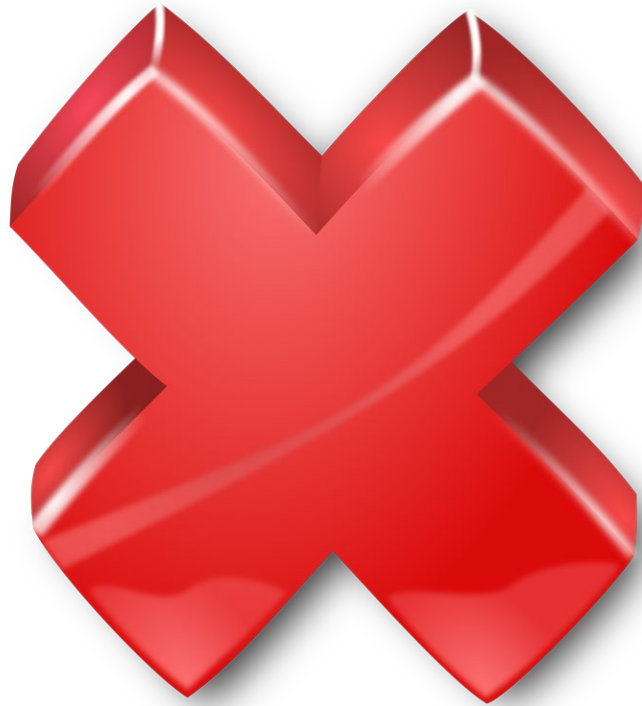


TRY AGAIN!



NICE JOB!





TRY AGAIN!



NICE JOB!



IF YOU USE 2 CUPS,  
HOW MANY  
SERVINGS WILL THAT  
MAKE?

## Nutrition Facts

Serving Size 2 Cups (200g)

Servings Per Container About 3

### Amount Per Serving

Calories 450 Calories from Fat 70

### % Daily Value

Total Fat 8g 12%

Saturated Fat 3g 15%

Sodium 50g 2%

Potassium 180g 5%

Total Carb. 36g 12%

Sugars 21g

Protein 10g

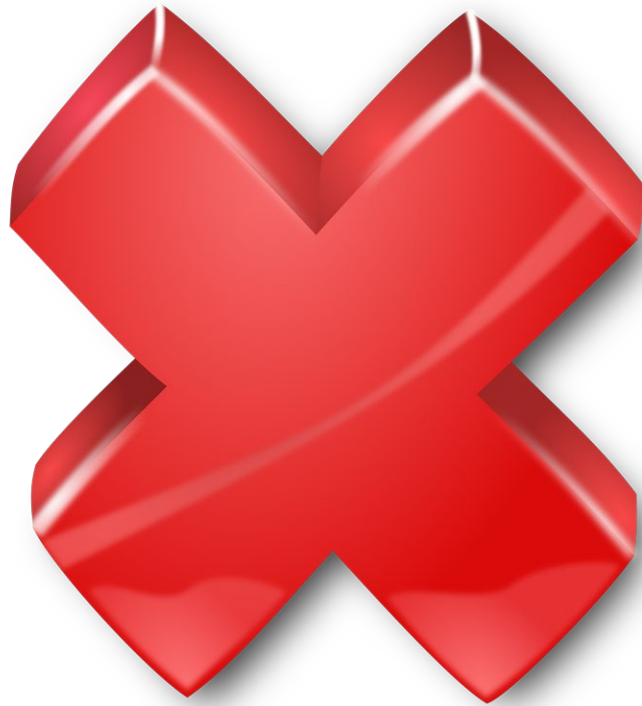
Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

1

5

2

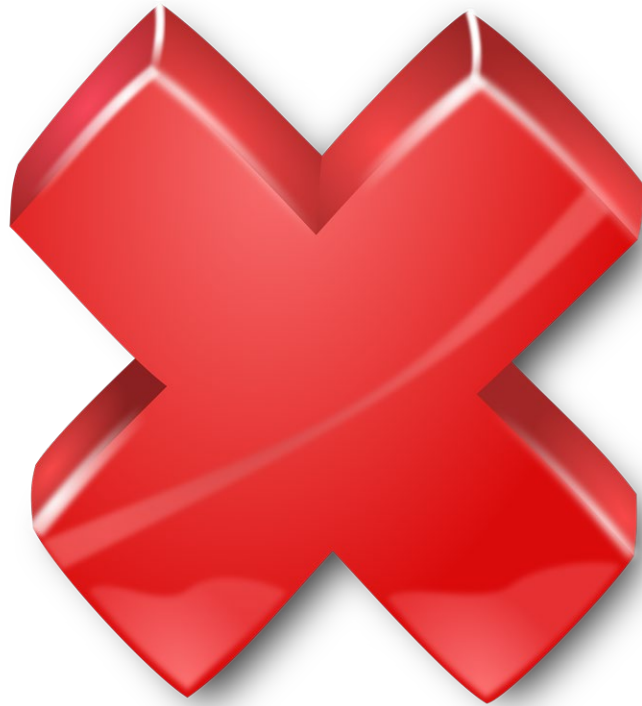


TRY AGAIN!



NICE JOB!



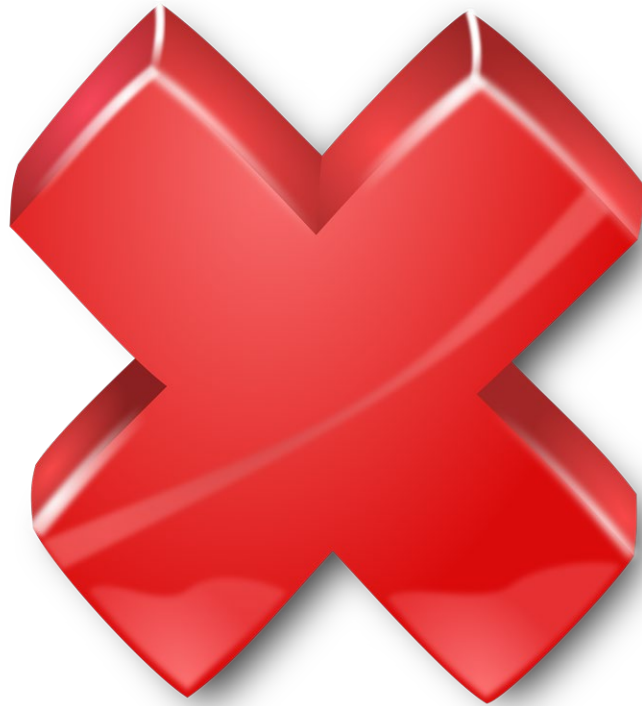


TRY AGAIN!



NICE JOB!





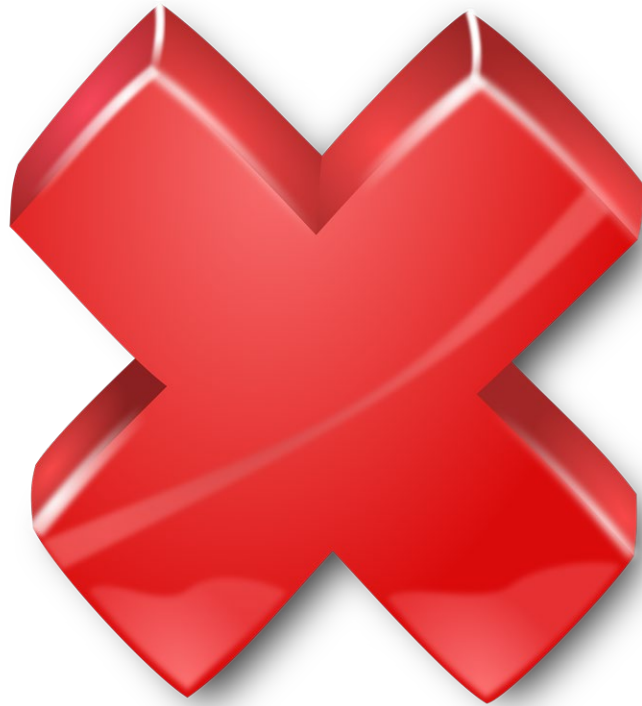
TRY AGAIN!





NICE JOB!





TRY AGAIN!



NICE JOB!



ALL DONE!