Reading Food Label Ingredient Lists to Identify Whole Grains

Activity 1

1. Look at the six food packages assigned to your group. Locate the ingredient lists on each package. Record the first three ingredients of each package below:

   (1) _____,_____,_____

   (2) _____,_____,_____

   (3) _____,_____,_____

   (4) _____,_____,_____

   (5) _____,_____,_____

   (6) _____,_____,_____

2. List the whole grain foods and the non-whole grain foods.

   a. Whole Grain Foods:

   _____

   _____

   b. Non-Whole Grain Foods:

   _____

   _____

3. Note any whole grain claims on the labels. Do the whole grain claims indicate the product is a whole grain food?

   _____

   _____

   _____

4. Select a reporter to share your findings with the class.

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