

## Chapter 23 Health, Disability, and Life Insurance

### College and Career Readiness: Health Literacy

**Directions** Health literacy enables people to evaluate and use health information to make informed choices and reduce health risks. Take a look at the label of ingredients listed on something you usually eat or drink. Use the information to answer the questions.

What is the food item? How many ingredients are listed on the food label?

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Does it contain partially hydrogenated oil, preservatives, artificial colorings, or flavorings? \_\_\_\_\_

What is the serving size?

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How many calories are there per serving size? \_\_\_\_\_

How many calories are in the entire item? \_\_\_\_\_

How many calories from fat are in the entire item? \_\_\_\_\_

How many carbohydrates are in the entire item? \_\_\_\_\_

How much sodium is in the entire item? \_\_\_\_\_

How much fiber is in the entire item? \_\_\_\_\_

How much sugar is in the entire item? \_\_\_\_\_

List a lunch food item that supplies 15 grams or less of fat.

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Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Now research other food labels and list three food items or beverages that provide 20% or more Daily Value for a given nutrient. List the nutrient and the percentage.

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Does knowing what is in your food influence if you will eat it or not eat it?

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