



Nutrient Scavenger Hunt

Find nutrition labels for a juice drink, soft drink, and milk. Fill in the nutrient charts. Then answer the questions below.

JUICE DRINK NUTRITION CHART:

Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____

SOFT DRINK NUTRITION CHART:

Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____



MILK NUTRITION CHART:

Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____

QUESTIONS:

You need calcium to build strong bones. Which drink gives you the most calcium?

There are 4 grams of sugar in one teaspoon. If you drank 3 cans of soda in one day, how many teaspoons of sugar would you consume? Where is sugar located on the Food Guide Pyramid?

You need protein for strong muscles. Which drink gives you the most protein in a serving?

Vitamin D helps your body use calcium. Which drink contains the most vitamin D?
