

## EMERGENCY LESSON PLAN QUESTIONS DOCUMENT

In your own words, describe in a brief essay the components on a nutritional fact panel?

Why is this information important to you?

What is the serving size?

How many serving are in the pasta box?

How many calories in a SERVING?

How many calories in the container (the whole box)?

How many grams of protein?

How many grams of cholesterol?

How many grams of sodium (salt)?

Is there dietary fiber in this product?

What vitamin or mineral is the largest percentage of % daily value?

What vitamin or mineral is the least percentage of % daily value?

Is there protein in pasta?

If so, how many grams?

List the ingredients

“YOU ARE WHAT YOU EAT”, what does this mean to you?

