



Unit 2 Assessment

Part 1: Reading Nutrition Labels

DIRECTIONS: Look at the nutrition label below from a frozen pizza and answer the questions.

Nutrition Facts	
Serving Size 1 slice (140 g)	
Servings Per Container 8	
Amount Per Serving	
Calories 400	
Calories from Fat 220	
% Daily Value*	
Total Fat 25 g	38%
Saturated Fat 11 g	55%
Trans Fat 1 g	
Cholesterol 50 mg	17%
Sodium 920 mg	38%
Total Carbohydrates 25 g	8%
Dietary Fiber 2 g	8%
Sugars 5 g	
Protein 18 g	
Vitamin A	15%
Vitamin C	2%
Calcium	30%
Iron	6%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. If you eat two slices of pizza, how many calories would you consume? _____

How many more calories could you have for the day if you were on a

2,000-calorie-a-day diet? _____

2. If you eat three slices of pizza, how many calories would you consume? _____

How many more calories could you have for the day if you were on a

2,000-calorie-a-day diet? _____

3. If you eat two slices, how many milligrams (mg) of sodium would you consume?

What percent of the rest of your food for the day should contain sodium? _____