

Name: _____

Period: _____



Chemistry

Homework: Grocery Store Scavenger Hunt

1. Find two candy bars, your favorite and another that you like but with less calories than your favorite:

Name	Calories	Fat	Grams of Sugar

2. Go to the yogurt section. List 3 different kinds of yogurts:

Name	Serving Size	Calories	Fat	Sugar

3. Go to frozen pizza section. Compare 3 brands of frozen pizzas:

Name	Serving Size	Calories	Fat	Sodium

4. Go to the cereal aisle. Look through the whole aisle to find these:

	Brand Name	Serving Size	Total Fat or Sugar
Cereal highest in <i>fat</i>			
Cereal lowest in <i>fat</i>			
Cereal highest in <i>sugar</i>			
Cereal lowest in <i>sugar</i>			

5. Go to the ice-cream section. Look through the whole section and find these: (you can select frozen yogurt, but not ice-milk!!!)

	Brand Name	Serving Size	Total Fat or Sugar
Ice cream highest in <i>fat</i>			
Ice cream lowest in <i>fat</i>			
Ice cream highest in <i>sugar</i>			
Ice cream lowest in <i>sugar</i>			

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7. Go to the snack food/chips aisle. Compare these brands:

Chip Brand	Calories	Serving Size	Fat	Sodium
Lays Potato Chips				
Fritos				
Chili Cheese Fritos				
Sun Chips Original				
Doritos Original				
Pretzels				
Cheetos				

8. Go to the juice aisle (not frozen juice). Compare 3 brands of juice:

Name of Juice	Calories	Grams of Sugar

9. What were some things you found out today that you didn't already know about food products?

STATEMENTS: MARK "Yes" Support or "No" Contradict. Then explain your choice below.

_____ "Yes" / _____ "No": Product packaging is always upfront about what is inside the product.

_____ "Yes" / _____ "No": There are healthier choices at grocery stores if you know how to read labels.

_____ "Yes" / _____ "No": When a product is low in fat, it's often high in sugar, and visa versa.

_____ "Yes" / _____ "No": Healthier items are typically on the outside of the store, not in the center aisles.