ACTIVITY 4A  FOOD LABELS
STUDENT WORKSHEET

Remember that an important recommendation especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. To find the percent of calories from fat:

1) Divide the calories from fat by the total number of calories.
2) Multiply by 100 to change the decimal into a percent.
3) Round to the nearest whole percent.

Example:

<table>
<thead>
<tr>
<th>Amount From Fat</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>220</td>
</tr>
</tbody>
</table>

\[
\frac{30}{220} = 0.1363636
\]

1) \[
0.1363636 \times 100 = 13.63636 \\
0.1363636 = 13.63636%
\]

3) \[13.63636\% = 14\%\]

REFRIED BEANS

1. How much is one serving of beans? _____

2. How many calories are in one serving of beans? _____

3. How many calories from fat are in one serving of beans? _____

4. Find the percent of calories from fat in these beans. _____

5. How many calories are in one cup of beans? _____

PEANUT BUTTER SANDWICH CRACKERS

6. What is the serving size of the peanut butter sandwich crackers? _____

7. How many calories are in one serving of crackers? _____

8. How many calories from fat are in one serving of crackers? _____

9. Find the percent of calories from fat in the crackers. _____

10. If there are six crackers per package, how many calories in one cracker? _____