

Food Label Quiz (Pre and Post)

Code Sheet with Correct Answers

- 1. B on the basis of:**
CLUE 5 (A has less than 2 grams of fiber per 100 calories)
- 2. B on the basis of:**
CLUE 3 (A has partially hydrogenated oil)
CLUE 4 (A has a long ingredient list)
- 3. A on the basis of:**
CLUE 2 (first ingredient of B is high fructose corn syrup)
CLUE 3 (B has high fructose corn syrup)
CLUE 4 (B has a long ingredient list)
CLUE 5 (B has less than 2 grams of fiber per 100 calories)
- 4. B on the basis of:**
CLUE 3 (A has high fructose corn syrup)
CLUE 5 (A has less than 2 grams of fiber per 100 calories)
- 5. A on the basis of:**
CLUE 3 (B has high fructose corn syrup)
CLUE 5 (B has less than 2 grams of fiber per 100 calories)
- 6. A on the basis of:**
CLUE 3 (B has partially hydrogenated oil & high fructose corn syrup)
CLUE 4 (B has a long ingredient list)
CLUE 5 (B has less than 2 grams of fiber per 100 calories)
- 7. A on the basis of:**
CLUE 3 (B has partially hydrogenated oil)
CLUE 4 (B has a long ingredient list)
- 8. B on the basis of:**
CLUE 3 (A has partially hydrogenated oil)
CLUE 4 (A has a long ingredient list)
CLUE 5 (A has less than 2 grams of fiber per 100 calories)
- 9. A on the basis of:**
CLUE 3 (B has high fructose corn syrup)
CLUE 5 (B has less than 2 grams of fiber per 100 calories)
- 10. A on the basis of:**
CLUE 3 (B has partially hydrogenated oil)