



WHAT DO YOU THINK?

Name:	Date:	Check one: <input type="checkbox"/> Girl <input type="checkbox"/> Boy
Teacher's Name:	Grade:	School:

Please circle the **BEST** answer or answers to each question. (Some questions have more than one answer and ask you to circle all the answers that apply.)

PART 1:

Imagine that you just stopped by at a local store to buy a snack. Look at the Nutrition Facts panel for Pringles (below) and answer the questions.



Pringles Original

NUTRITION FACTS / DATOS DE NUTRICIÓN
 Serving Size 1 Ounce / Tamaño Por Ración 1 Onza (28 g/aprox. 14 crisps/unidades)
 Servings Per Container / Raciones Por Envase 6

Amount Per Serving/Cantidad Por Ración	
Calories/Calorías	160
Calories from Fat/Calorías de Grasa 100	
% Daily Value*/% Valor Diario*	
Total Fat/Grasa Total	11 g 17%
Saturated Fat/Grasa Saturada	3 g 15%
Trans Fat/Grasa Trans	0 g
Cholesterol/Colesterol	0 mg 0%
Sodium/Sodio	170 mg 7%
Total Carbohydrate/ Total de Carbohidratos	15 g 5%
Dietary Fiber/Fibra Dietética	1 g 4%
Protein/Proteína	1 g
Vitamin C/Vitamina C	6%

Not a significant source of sugars, vitamin A, calcium, and iron.
 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories/Calorías: 2,000	2,500
Total Fat/Grasa Total	Less than/Menos de 65g	80g
Sat. Fat/Grasa Sat.	Less than/Menos de 20g	25g
Cholesterol/Colesterol	Less than/Menos de 300mg	300mg
Sodium/Sodio	Less than/Menos de 2,400mg	2,400mg
Total Carbohydrate/ Total de Carbohidratos	300g	300g
Dietary Fiber/Fibra Dietética	25g	25g

Ingredients: Dried potatoes, vegetable oil (contains one or more of the following: corn oil, cottonseed oil, and/or sunflower oil), wheat starch, maltodextrin, salt, and dextrose. Contains wheat ingredients.

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Based on the information you read on the label, answer the questions below.

- What is the serving size? _____
- How many Pringles crisps are there in this serving size? _____
- How many calories are in **one** serving? (Choose one):
 a. 28
 b. 160
 c. 100
 d. 260
- If you ate this **entire package** of Pringles, how many **servings** would you eat? _____
- If you ate this **entire package** of Pringles, how many **calories** would you eat? (Choose one):
 a. 160
 b. 260
 c. 600
 d. 960
- Percentages (%) on the food label are based on a basic diet of how many calories? (Choose one.)
 a. 160
 b. 1600
 c. 2000
 d. 2500

7. What are the **two main** ingredients in Pringles? (Choose one.)
 - a. Dried potatoes and vegetable oil
 - b. Corn oil and cottonseed oil
 - c. Salt and dextrose
 - d. Dried potatoes and wheat ingredients
8. If you ate this **entire package** of Pringles, how many **grams of total fat** would you eat? (Choose one.)
 - a. 11
 - b. 14
 - c. 66
 - d. 84
9. **BONUS QUESTION:** If you ate the **entire package**, how many **teaspoons** of fat would this be?
 - a. 11
 - b. 17
 - c. 33
 - d. 21
10. Circle **each** ingredient below that represents a type of sugar in Pringles. (Circle all that apply.)
 - a. Wheat starch
 - b. Maltodextrin
 - c. Sunflower oil
 - d. Dextrose

PART 2:

The next questions are about health and nutrition, food advertising and physical activity. Please circle the best answer or answers to each question.

11. What type or types of foods give you protection from the most illnesses and chronic diseases? (Circle one):
 - a. Fruits and vegetables
 - b. Meats
 - c. Milk
 - d. Fats and sugars
12. The types of foods that give you more of the things that help you build your body's strength and structure are: (Circle **one**)
 - a. Fruits and vegetables
 - b. Grains
 - c. Meats and Milk
 - d. Fats and sugars
13. Most energy drinks: (Circle **one**)
 - a. Are sugar-free
 - b. Have important vitamins you can't get in your normal diet
 - c. Give you energy that can last all day
 - d. Have caffeine

14. On average, how many steps would a person need to walk to go one mile? (Circle one.)
- 1,000
 - 2,000
 - 3,500
 - 5,000
15. A major reason fast food restaurants sell combo meals is (circle **one**):
- It makes ordering much easier
 - The meals get you to buy high-profit items like French fries and soda
 - A sandwich is not really a meal without the French fries and soda.
 - You can save money by buying the combo, instead of the separate items.

PART 3: For each item below, please check the box that shows what you think.

On average, how often do you...	Never or Almost Never	Rarely	Sometimes	Usually	Always or Almost Always
Get at least 1 hour of physical activity per day.					
Eat at least 2 cups of fruit per day.					
Eat at least 3 cups of vegetables per day.					
Eat sweets and desserts like cookies, cakes, candy, or donuts.					
Drink soda or energy drinks.					
Choose a healthy snack when you have a snack.					
Make healthy choices in fast food restaurants.					
Read food labels when you buy foods or beverages.					
Watch TV, email or IM your friends, or play computer games no more than 2 hours per day.					
Stop eating when you feel full.					
Eat the foods and beverages you like, even if they are not healthy.					
Save the money you get.					
Choose foods or beverages because your friends like them.					
Choose foods or beverages because you saw a great ad for them.					
Think about the value of what you get for your money when you shop.					

How sure are you that you can...	Very Sure	Somewhat (or A Little Bit) Sure	Neutral (No Opinion)	Not Very Sure	Not At All Sure
Be physically active for at least one hour every day.					
Prepare a healthy snack for yourself.					
Choose a healthy snack in the grocery store.					
Make healthy choices in fast food restaurants.					
Use information on food labels to make food choices.					
Limit the total time you watch TV, email or IM your friends, or play computer games to 2 hours a day.					
Stop eating when you feel full.					