

# STUDENT WORKSHEET



## MEAL PLANNING – BREAKFAST

Name \_\_\_\_\_ Date \_\_\_\_\_ Class/Hour \_\_\_\_\_

**Directions:** Use available Nutrition Facts label resources to create a healthy breakfast. Be sure to factor in the number of servings you plan to consume. Describe the breakfast below and record the nutrition facts.

<b>Food Name</b>								
Calories/Serving								
Serving Size								
# of Servings Consumed								
<b>Totals: (nutrient value x number of servings)</b>								
Total calories								
Total fat								
Saturated fat (%DV)								
<i>Trans fat*</i>								
Cholesterol (%DV)								
Sodium (%DV)								
Total Carbohydrate (%DV)								
Dietary Fiber (%DV)								
Sugars*								
Added Sugars (if available)								
Total Protein*								
Vitamin A (%DV)								
Vitamin C (%DV)								
Vitamin D (%DV)								
Calcium (%DV)								
Iron (%DV)								
Potassium								

\*While the Nutrition Facts label does not list a %DV for *trans* fat, sugars, or total protein, you can record the grams of sugars and total protein and the milligrams or grams of *trans* fat for these.

	<p>What is your cumulative breakfast %DV for each of the following:</p> <p>Vitamin A _____</p> <p>Vitamin C _____</p> <p>Vitamin D _____</p> <p>Calcium _____</p> <p>Iron _____</p> <p>Potassium _____</p>	
	<p>What is your cumulative breakfast %DV for each of the following:</p> <p>Saturated fat _____</p> <p>Sodium _____</p> <p>Added sugars (if available) _____</p> <p><i>Trans</i> fat _____</p>	