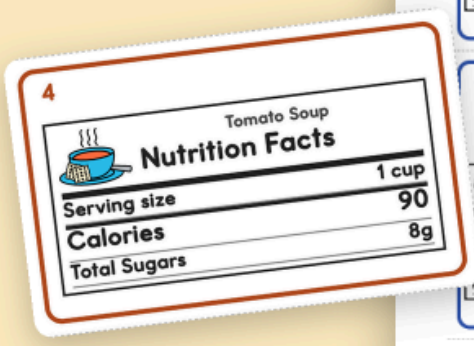
NUTRITION LABELS

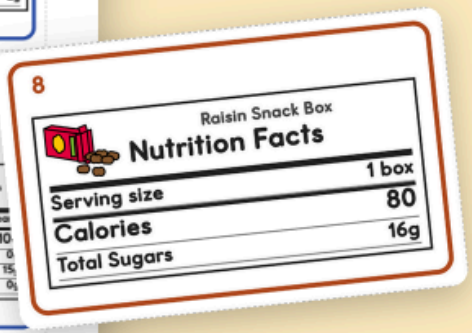
TASK BOXES

76 CARDS

12 BOXES







Bright Path Sped

Nutrition Label Task Boxes

Read the numbers on a food label. 12 boxes, 76 cards, 3 levels.

Each box is one job: look at a label for a food, find a number, compare two labels or work with the numbers. The students read numbers only. Nothing here says a food is good or bad or what anyone should eat. Every food, brand and number on the cards is invented.

Start here

1. **Show the label map.** Page 6 names every line of a label. Post it or keep it at the box.
2. **Pick a box.** Start with a starting box (circle) from the contents on page 3.
3. **Print and prep.** Print the card page, cut the cards apart and laminate them. Print a box label (page 7) and tape it on the box.
4. **Give the student the box and one recording sheet.** The student reads the cards and writes the answers. Check with the answer key (page 32) and mark the data sheet on page 33.

Three levels, four boxes each

Level	Boxes	Pages
● Starting	Find the Calories, Find the Servings per Container, Find the Serving Size, Match the Label to Its Calories	8 to 15
■ Building	Which Has More Calories?, Which Has Less Sugar?, More or Less?, Calories Low to High	16 to 23
▲ Ready for More	Calories in the Whole Container, Count 2 Servings, How Many More Calories?, Sort by Calories	24 to 31

Four ways a box works

- **Choose:** a question on each card with answer letters. The student circles a letter.
- **Match:** label cards 1 to 4 and number cards A to D. The student pairs them.
- **Put in order:** six labels in a row. The student writes the card letters first to last.
- **Sort:** labels go into three named groups. The student writes each card number under its group.

What you need

- A printer, scissors and a laminator or sheet protectors. Nothing is cut by the student.
- A pencil or dry-erase marker for the recording sheets.
- Optional: empty food packages with real labels, for a look at a real label after a box.

Circle, square and triangle

A small shape on each recording sheet is the filing mark. Circle boxes find a number on one label. Square boxes compare labels. Triangle boxes add, double, subtract and sort with the numbers. The shape never says which child gets which box; you decide when a student is ready.

PREVIEW

Set Up and Run a Box

Print and prep

- Print the card page for the box (2 by 3 cards, or 2 by 4 for the match and sort boxes). Cut along the dashed lines and laminate. Cards are cut by you, not by the student.
- Print a recording sheet for each student. To use it again, slide it in a sheet protector and write with a dry-erase marker.
- Put the cards in a zipper bag, an envelope or a small tray with the box label. Real food labels from empty boxes work well beside the cards.

Say this

- "Read the question. Which line do you need?"
- "Put your finger on the line. Say the number."
- "Which number is bigger?"
- When an answer is wrong: "Look at the line again."

How each kind of box is checked

Kind	The student	The key shows
Choose	Reads each card and circles A, B or C (or A or B).	The right letter and the number behind it.
Match	Lays label cards 1 to 4 beside number cards A to D, then writes the letter.	Each number and its letter.
Put in order	Lines up the labels, fewest calories first, then writes the letters.	The letters in order.
Sort	Makes a pile for each group, then writes each card number in its column.	The card numbers for each group.

Keep it going

- Work one level at a time, or pick the box a student needs.
- Partner turn: one student does the box, the other checks with the key.
- Take it into real life: find the calories line on a real package, then say the number.
- On the data sheet (page 33) write how many were right out of how many, like 5 of 6. Write P if the student needed a prompt. The prompt rule and the goal are yours to write.

Two things to know

- These labels are simplified and invented. A real label has more lines and a different layout, and the numbers in this set are not those of any real food.
- The boxes teach reading numbers, not choosing what to eat. Questions about a student's own food choices belong to the family, the school nurse or a doctor.

PREVIEW

How to Read a Label

Find the number. Read the line first.



Sunny Oat Crunch Cereal

Nutrition Facts

1 Serving size	1 cup
2 Servings per container	8
3 Calories	**110**
4 Total Fat	2g
5 Total Sugars	9g
6 Protein	3g

1. **Serving size** — how much is one serving
2. **Servings per container** — how many servings in the whole box
3. **Calories** — the bold number for one serving
4. **Total Fat** — grams (g) in one serving
5. **Total Sugars** — grams (g) in one serving
6. **Protein** — grams (g) in one serving

Your turn. Look at the label.

Serving size: _____

Servings per container: _____

Calories: _____

This food and its numbers are invented.

PREVIEW

Box 1: Find the Calories. Print, cut, laminate.

Preview · Bright Path Sped

1

Find the calories.



Sunny Oat Crunch Cereal

Nutrition Facts

Serving size	1 cup
Servings per container	8
Calories	**110**
Total Fat	2g
Total Sugars	9g
Protein	3g

A 8

B 110

C 3

2

Find the calories.



Choco Chip Cookies

Nutrition Facts

Serving size	2 cookies
Servings per container	10
Calories	**160**
Total Fat	8g
Total Sugars	11g
Protein	2g

A 10

B 2

C 160

3

Find the calories.



Jar of Applesauce

Nutrition Facts

Serving size	1 cup
Servings per container	2
Calories	**120**
Total Fat	3g
Total Sugars	17g
Protein	6g

A 120

B 2

C 6

4

Find the calories.



Tomato Soup

Nutrition Facts

Serving size	1 cup
Servings per container	3
Calories	**90**
Total Fat	2g
Total Sugars	8g
Protein	2g

A 3

B 2

C 90

5

Find the calories.



Blueberry Muffin

Nutrition Facts

Serving size	1 muffin
Servings per container	6
Calories	**190**
Total Fat	7g
Total Sugars	12g
Protein	4g

A 190

B 6

C 4

6

Find the calories.



Salted Peanuts

Nutrition Facts

Serving size	30 peanuts
Servings per container	9
Calories	**150**
Total Fat	9g
Total Sugars	0g
Protein	2g

A 9

B 150

C 2

PREVIEW

Preview · Bright Path Sped

Box 1

My name _____

Find the calories. Circle the letter.

1 A B C

2 A B C

3 A B C

4 A B C

5 A B C

6 A B C

PREVIEW

Preview · Bright Path Sped

My name _____

Box 2

How many servings? Circle the letter.

1 (A) (B) (C)

2 (A) (B) (C)

3 (A) (B) (C)

4 (A) (B) (C)

5 (A) (B) (C)

6 (A) (B) (C)

PREVIEW

Preview · Bright Path Sped

My name _____

Box 3

Find the serving size. Circle the letter.

1 A B C

2 A B C

3 A B C

4 A B C

5 A B C

6 A B C

PREVIEW

Preview · Bright Path Sped

My name _____

Box 4

Match each label to its calories.

card 1 goes with card ☐

card 2 goes with card ☐

card 3 goes with card ☐

card 4 goes with card ☐

PREVIEW

My name _____

Box 5

Which has more calories? Circle A or B.

1 A B

2 A B

3 A B

4 A B

5 A B

6 A B

PREVIEW

Box 7: More or Less? Print, cut, laminate.

Preview · Bright Path Sped

1

Which has more protein?

A



Pancakes

Serving size	3 pancakes
Calories	**250**
Total Fat	10g
Total Sugars	5g
Protein	9g

B



Choco Chip Cookies

Serving size	2 cookies
Calories	**160**
Total Fat	8g
Total Sugars	11g
Protein	2g

2

Which has less fat?

A



Salted Peanuts

Serving size	30 peanuts
Calories	**150**
Total Fat	9g
Total Sugars	0g
Protein	2g

B



Mixed Fruit Cup

Serving size	1 cup
Calories	**70**
Total Fat	0g
Total Sugars	14g
Protein	1g

3

Which has more protein?

A



Sunny Oat Crunch Cereal

Serving size	1 cup
Calories	**110**
Total Fat	2g
Total Sugars	9g
Protein	3g

B



Jar of Applesauce

Serving size	1 cup
Calories	**120**
Total Fat	3g
Total Sugars	17g
Protein	6g

4

Which has less fat?

A



Plain Popcorn

Serving size	3 cups
Calories	**70**
Total Fat	0g
Total Sugars	0g
Protein	1g

B



Blueberry Muffin

Serving size	1 muffin
Calories	**190**
Total Fat	7g
Total Sugars	12g
Protein	4g

5

Which has more protein?

A



Raisin Snack Box

Serving size	1 box
Calories	**80**
Total Fat	0g
Total Sugars	16g
Protein	1g

B



Chicken Noodle Soup

Serving size	1 cup
Calories	**130**
Total Fat	4g
Total Sugars	2g
Protein	8g

6

Which has more fat?

A



Choco Chip Cookies

Serving size	2 cookies
Calories	**160**
Total Fat	8g
Total Sugars	11g
Protein	2g

B



Tomato Soup

Serving size	1 cup
Calories	**90**
Total Fat	2g
Total Sugars	8g
Protein	2g

PREVIEW

Box 8: Calories Low to High. Print, cut, laminate.

A



Jelly Beans

Nutrition Facts

Serving size	15 beans
Calories	**100**
Total Fat	0g

B



Plain Popcorn

Nutrition Facts

Serving size	3 cups
Calories	**70**
Total Fat	0g

C



Sunny Oat Crunch Cereal

Nutrition Facts

Serving size	1 cup
Calories	**110**
Total Fat	2g

D



Raisin Snack Box

Nutrition Facts

Serving size	1 box
Calories	**80**
Total Fat	0g

E



Jar of Applesauce

Nutrition Facts

Serving size	1 cup
Calories	**120**
Total Fat	3g

F



Tomato Soup

Nutrition Facts

Serving size	1 cup
Calories	**90**
Total Fat	2g

PREVIEW

Box 9: Calories in the Whole Container. Print, cut, laminate.

1

How many calories in the whole container?



Jar of Applesauce

Nutrition Facts

Serving size	1 cup
Servings per container	2
Calories	**120**
Total Fat	3g
Total Sugars	17g
Protein	6g

A 122

B 120

C 240

2

How many calories in the whole container?



Tomato Soup

Nutrition Facts

Serving size	1 cup
Servings per container	3
Calories	**90**
Total Fat	2g
Total Sugars	8g
Protein	2g

A 270

B 93

C 180

3

How many calories in the whole container?



Mixed Fruit Cup

Nutrition Facts

Serving size	1 cup
Servings per container	4
Calories	**70**
Total Fat	0g
Total Sugars	14g
Protein	1g

A 74

B 210

C 280

4

How many calories in the whole container?



Chicken Noodle Soup

Nutrition Facts

Serving size	1 cup
Servings per container	2
Calories	**130**
Total Fat	4g
Total Sugars	2g
Protein	8g

A 260

B 132

C 130

5

How many calories in the whole container?



Pancakes

Nutrition Facts

Serving size	3 pancakes
Servings per container	3
Calories	**250**
Total Fat	10g
Total Sugars	5g
Protein	9g

A 253

B 750

C 500

6

How many calories in the whole container?



Raisin Snack Box

Nutrition Facts

Serving size	1 box
Servings per container	5
Calories	**80**
Total Fat	0g
Total Sugars	16g
Protein	1g

A 85

B 400

C 320

PREVIEW

Box 10: Count 2 Servings. Print, cut, laminate.

Preview · Print at 100% scaled

1

Count 2 servings. How many calories?



Sunny Oat Crunch Cereal

Nutrition Facts

Serving size	1 cup
Servings per container	8
Calories	**110**
Total Fat	2g
Total Sugars	9g
Protein	3g

A 220

B 112

C 330

2

Count 2 servings. How many grams of sugar?



Choco Chip Cookies

Nutrition Facts

Serving size	2 cookies
Servings per container	10
Calories	**160**
Total Fat	8g
Total Sugars	11g
Protein	2g

A 13

B 33

C 22

3

Count 2 servings. How many grams of protein?



Blueberry Muffin

Nutrition Facts

Serving size	1 muffin
Servings per container	6
Calories	**190**
Total Fat	7g
Total Sugars	12g
Protein	4g

A 8

B 6

C 12

4

Count 2 servings. How many calories?



Tomato Soup

Nutrition Facts

Serving size	1 cup
Servings per container	3
Calories	**90**
Total Fat	2g
Total Sugars	8g
Protein	2g

A 92

B 180

C 270

5

Count 2 servings. How many grams of fat?



Jar of Applesauce

Nutrition Facts

Serving size	1 cup
Servings per container	2
Calories	**120**
Total Fat	3g
Total Sugars	17g
Protein	6g

A 5

B 6

C 9

6

Count 2 servings. How many calories?



Salted Peanuts

Nutrition Facts

Serving size	30 peanuts
Servings per container	9
Calories	**150**
Total Fat	9g
Total Sugars	0g
Protein	2g

A 152

B 450

C 300

PREVIEW

Box 11: How Many More Calories? Print, cut, laminate.

Preview · Original Box Cards

1

How many more calories does the bigger number have?



Sunny Oat Crunch Cereal	
Serving size	1 cup
Calories	**110**
Total Fat	2g
Total Sugars	9g
Protein	3g



Choco Chip Cookies	
Serving size	2 cookies
Calories	**160**
Total Fat	8g
Total Sugars	11g
Protein	2g

A 270 B 60 C 50

2

How many more calories does the bigger number have?



Pancakes	
Serving size	3 pancakes
Calories	**250**
Total Fat	10g
Total Sugars	5g
Protein	9g



Jar of Applesauce	
Serving size	1 cup
Calories	**120**
Total Fat	3g
Total Sugars	17g
Protein	6g

A 130 B 370 C 140

3

How many more calories does the bigger number have?



Blueberry Muffin	
Serving size	1 muffin
Calories	**190**
Total Fat	7g
Total Sugars	12g
Protein	4g



Mixed Fruit Cup	
Serving size	1 cup
Calories	**70**
Total Fat	0g
Total Sugars	14g
Protein	1g

A 260 B 120 C 130

4

How many more calories does the bigger number have?



Salted Peanuts	
Serving size	30 peanuts
Calories	**150**
Total Fat	9g
Total Sugars	0g
Protein	2g



Tomato Soup	
Serving size	1 cup
Calories	**90**
Total Fat	2g
Total Sugars	8g
Protein	2g

A 240 B 60 C 70

5

How many more calories does the bigger number have?



Frozen Waffles	
Serving size	2 waffles
Calories	**180**
Total Fat	6g
Total Sugars	5g
Protein	4g



Pretzel Twists	
Serving size	20 pretzels
Calories	**110**
Total Fat	1g
Total Sugars	1g
Protein	3g

A 290 B 80 C 70

6

How many more calories does the bigger number have?



Pepperoni Pizza	
Serving size	1 slice
Calories	**140**
Total Fat	6g
Total Sugars	1g
Protein	3g



Raisin Snack Box	
Serving size	1 box
Calories	**80**
Total Fat	0g
Total Sugars	16g
Protein	1g

A 60 B 220 C 70

PREVIEW

Box 12: Sort by Calories. Print, cut, laminate.

Preview · Bright Path Sped

1



Plain Popcorn

Nutrition Facts

Serving size	3 cups
Calories	70
Total Sugars	0g

2



Sunny Oat Crunch Cereal

Nutrition Facts

Serving size	1 cup
Calories	110
Total Sugars	9g

3



Choco Chip Cookies

Nutrition Facts

Serving size	2 cookies
Calories	160
Total Sugars	11g

4

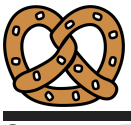


Tomato Soup

Nutrition Facts

Serving size	1 cup
Calories	90
Total Sugars	8g

5



Pretzel Twists

Nutrition Facts

Serving size	20 pretzels
Calories	110
Total Sugars	1g

6



Pancakes

Nutrition Facts

Serving size	3 pancakes
Calories	250
Total Sugars	5g

7



Jelly Beans

Nutrition Facts

Serving size	15 beans
Calories	100
Total Sugars	15g

8



Raisin Snack Box

Nutrition Facts

Serving size	1 box
Calories	80
Total Sugars	16g

PREVIEW

Answer Key

All 12 boxes. Foods and numbers are invented.

Label map page (6), Your turn: serving size 1 cup, servings per container 8, calories 110.

Box 1: Find the Calories

1: B 2: C 3: A
4: C 5: A 6: B

1: 110 calories; 2: 160 calories; 3: 120 calories; 4: 90 calories; 5: 190 calories; 6: 150 calories

Box 2: Find the Servings per Container

1: C 2: A 3: C
4: A 5: B 6: B

1: 7 servings per container; 2: 3 servings per container; 3: 5 servings per container; 4: 4 servings per container; 5: 12 servings per container; 6: 2 servings per container

Box 3: Find the Serving Size

1: A 2: C 3: A
4: B 5: B 6: C

1: 1 cup; 2: 30 peanuts; 3: 3 pancakes; 4: 1 box; 5: 15 beans; 6: 1 cup

Box 4: Match the Label to Its Calories

Card 1 goes with C
Card 2 goes with A
Card 3 goes with D
Card 4 goes with B

Box 5: Which Has More Calories?

1: B 2: A 3: B
4: A 5: A 6: B

1: B: Sunny Oat Crunch Cereal 110 vs Choco Chip Cookies 160; 2: A: Pancakes 250 vs Jar of Applesauce 120; 3: B: Plain Popcorn 70 vs Pretzel Twists 110; 4: A: Frozen Waffles 180 vs Tomato Soup 90; 5: A: Blueberry Muffin 190 vs Salted Peanuts 150; 6: B: Mixed Fruit Cup 70 vs Jelly Beans 100

Box 6: Which Has Less Sugar?

1: A 2: B 3: A
4: B 5: A 6: B

1: A: Plain Popcorn 0g vs Raisin Snack Box 16g; 2: B: Choco Chip Cookies 11g vs Salted Peanuts 0g; 3: A: Pepperoni Pizza 1g vs Jelly Beans 15g; 4: B: Jar of Applesauce 17g vs Pancakes 5g; 5: A: Chicken Noodle Soup 2g vs Mixed Fruit Cup 14g; 6: B: Blueberry Muffin 12g vs Pretzel Twists 1g

Box 7: More or Less?

1: A 2: B 3: B
4: A 5: B 6: A

1: A: Pancakes 9g vs Choco Chip Cookies 2g; 2: B: Salted Peanuts 9g vs Mixed Fruit Cup 0g; 3: B: Sunny Oat Crunch Cereal 3g vs Jar of Applesauce 6g; 4: A: Plain Popcorn 0g vs Blueberry Muffin 7g; 5: B: Raisin Snack Box 1g vs Chicken Noodle Soup 8g; 6: A: Choco Chip Cookies 8g vs Tomato Soup 2g

Box 8: Calories Low to High

1st: B, 2nd: D, 3rd: F, 4th: A, 5th: C, 6th: E

Box 9: Calories in the Whole Container

1: C 2: A 3: C
4: A 5: B 6: B

1: 2 x 120 = 240 calories; 2: 3 x 90 = 270 calories; 3: 4 x 70 = 280 calories; 4: 2 x 130 = 260 calories; 5: 3 x 250 = 750 calories; 6: 5 x 80 = 400 calories

Box 10: Count 2 Servings

1: A 2: C 3: A
4: B 5: B 6: C

1: 2 x 110 = 220; 2: 2 x 11 = 22; 3: 2 x 4 = 8; 4: 2 x 90 = 180; 5: 2 x 3 = 6; 6: 2 x 150 = 300

Box 11: How Many More Calories?

1: C 2: A 3: B
4: B 5: C 6: A

1: 160 - 110 = 50; 2: 250 - 120 = 130; 3: 190 - 70 = 120; 4: 150 - 90 = 60; 5: 180 - 110 = 70; 6: 140 - 80 = 60

Box 12: Sort by Calories

Under 100: cards 1, 4, 8
100 to 149: cards 2, 5, 7
150 or more: cards 3, 6

PREVIEW

Note for Home

Date: _____ Student: _____

Dear family,

This week we are practicing reading the numbers on a food label with task boxes. Your student finds a number on a label, compares two labels, or does a little math with the numbers. The foods on our cards are invented. We are practicing how to read the label, not what to eat.

Try it at home

- Pick a box or can from the kitchen. Ask your student to find the **serving size** and say it out loud.
- Find the **calories** line together. Ask: "What is the number?"
- Pick two packages. Ask: "Which one has the bigger number on this line?"

What we are working on

How it is going

Something to ask your student

"Show me which line you looked at."

Thank you,

_____

PREVIEW