



Decode Nutrition Facts Labels

Participant PRE-Survey

Please answer the questions below **before** you complete *Decode Nutrition Facts Labels* experience.

1. What is your name? _____

2. What is today's date? ___/___/_____
MM DD YYYY

3. When looking at a nutrition label, you should choose foods that have **less than 5%** of your daily value (DV) of what nutrient? Please **circle** the **one best** answer.

- a. Dietary Fiber
- b. Vitamin A
- c. Iron
- d. Trans Fat

4. Which of the following is a sneaky name for sugar you might find on an ingredients label? Please **circle** the **one best** answer.

- a. Fructose
- b. Sea salt
- c. Red dye
- d. Folic acid

5. Please **circle the option** that best describes if you think you can do each listed activity:

a. Do the math to know how many calories you're really getting if you eat a whole package versus a single-serving.	No way I can do this!	I might be able do this	I can probably do this	I can definitely do this!
b. Compare nutrition labels on packages to choose the option with the lowest amounts of added sugars, sodium, saturated fat and trans fat.	No way I can do this!	I might be able do this	I can probably do this	I can definitely do this!

Decode Nutrition Facts Labels

Participant POST-Survey

Please answer the questions below **after** you complete *Decode Nutrition Facts Labels* experience.

1. What is your name? _____

2. When looking at a nutrition label, you should choose foods that have **less than 5%** of your daily value (DV) of what nutrient? Please **circle** the **one best** answer.

- a. Dietary Fiber
- b. Vitamin A
- c. Iron Trans Fat

3. Which of the following is a sneaky name for sugar you might find on an ingredients label? Please **circle** the **one best** answer.

- a. Fructose
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4. Please **circle the option** that best describes if you think you can do each listed activity:

a Do the math to know how many calories you're really getting if you eat a whole package versus a single-serving	No way I can do this!	I might be able do this	I can probably do this	I can definitely do this!
b. Compare nutrition labels on packages to choose the option with the lowest amounts of added sugars, sodium, saturated fat and trans fat.	No way I can do this!	I might be able do this	I can probably do this	I can definitely do this!

6. Please circle the option that best describes what you thought of today's educational experience.

