



## 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

- b. Vitamin A
- c. Iron
- d. Trans Fat

4. Which of the following is a sneaky name for sugar you might find in 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 how 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 can do this! | I might be able to 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 can do this! | I might be able to do this | I can probably do this | I can definitely do this! |

