ISS INGREDIENTS: READING FOOD LABELS

ACTIVITY WORKSHEET

NAME: _____

An astronaut is training for their upcoming mission to the International Space Station (ISS). The astronaut needs to make sure they consume healthy, balanced meals to stay healthy and to feel energized and focused on their training. Help the astronaut choose healthy options at the grocery store by reading the food labels on various packaged foods.

1. The astronaut wants to choose a soup lowest in sodium. Circle the soup that has the lowest amount of sodium out of the three. **Hint:** not all soups have the same serving size.

Tomato vegetable soup

Nutrition Facts / Valeur nutritive	
Per 1 cup (250 mL) / pour 1 tasse (250 mL)	
Calories 60	% Daily Value* / % valeur quotidienne*
Fat / Lipides 1 g	1 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 10 g	
Fibre / Fibres 1 g	3 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 340 mg	14 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Vegetable beef with barley soup

Nutrition Facts / Valeur nutritive	
Per 1 cup (250 mL) / pour 1 tasse (250 mL)	
Calories 70	% Daily Value* / % valeur quotidienne*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Carbohydrate / Glucides 11 g	
Fibre / Fibres 2 g	9 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 5 mg	
Sodium 520 mg	22 %
Potassium 375 mg	8 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %

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Chicken vegetable soup

Nutrition Facts / Valeur nutritive	
Per 1/2 cup (100 mL) / par 1/2 tasse (100 mL)	
Calories 20	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 340 mg	14 %
Potassium 30 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.25 mg	1 %

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2. The astronaut loves blueberries and flaxseeds and wants to find a granola bar to take to the ISS for their mission that has a high amount of those ingredients. Look at the ingredient lists below and choose a granola bar with the highest content of those ingredients. Explain your reasoning. **Tip:** highlight the desired ingredients.

Granola bar 1	**Granola bar 2**	**Granola bar 3**
Ingredients: Organic whole rolled oats • organic tapioca syrup • organic crisped quinoa • sugars (organic cane sugar, organic sugar, organic honey) • organic dehydrated wild blueberries • organic almonds • organic sunflower oil • salt • organic peanut butter (dry roasted blanched organic peanuts, organic palm oil, salt) • partially ground flaxseeds • natural flavor **Contains:** Peanuts	**Ingredients:** Whole grain oats • dark chocolate pieces (chocolate liquor, cocoa butter, soy lecithin, natural flavor, salt) • canola oil • flaxseeds • rice flour • sugars (sugar, brown sugar syrup) • cocoa • salt • natural flavor • baking soda • soy lecithin **Contains:** Soy	**Ingredients:** Whole grain blend (oats, brown rice, millet, oat flour, buckwheat, amaranth, quinoa) • whole and ground flaxseeds • dehydrated blueberries • blueberry puree • canola oil • sugars (tapioca syrup, dried cane syrup, plum puree, apple juice) • vanilla extract • sea salt • citrus fiber • citrus pectin • natural flavor

3. The astronaut wants to bring dried fruit with no sugar added for their six-month mission on the ISS. Today's date is October 8, 2019, and the astronaut arrives at the ISS on December 4, 2019. Which of the best-before dates below would best retain the product's freshness for the astronaut's entire mission?

   a. 20 AL 10
   b. 20 JA 30
   c. 20 OC 15
   d. 20 MR 5

   Explain why you chose your answer:

4. For dinner, the astronaut is preparing a vegetarian chili with low sodium canned black beans. The astronaut consumes ¼ cup of black beans in one small bowl of chili. Using the nutrition facts table for the canned beans, identify the amount of protein (g) the astronaut receives for **their serving of black beans.**

Nutrition Facts
Valeur nutritive

Per 1/2 cup canned, drained beans (91 g) / par 1/2 tasse de haricots en conserve et égouttés (91 g)

Calories 120	% valeur quotidienne* / % Daily Value*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 22 g	
Fibre / Fibres 6 g	25 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 325 mg	7 %
Calcium 25 mg	2 %
Iron / Fer 2 mg	11 %

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Protein amount in astronaut's small bowl of chili = _____ g