

# Juice Jumble Quiz 1

## Label Wizard – Answer Key

### Directions

Using the information provided in the nutrition and front labels, answer the questions about each juice.

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240g)	
Servings Per Container 1.5	
<b>Amount Per Serving</b>	
<b>Calories</b>	120
<hr/>	
	%Daily Value*
<b>Total Fat</b>	0g 0 %
Saturated Fat	0g 0 %
<b>Cholesterol</b>	0mg 0 %
<b>Sodium</b>	35mg 1 %
<b>Total Carbohydrate</b>	32g 11 %
Dietary Fiber	0g 0 %
Sugars	32g
<b>Protein</b>	0g
<hr/>	
Vitamin A	0% • Vitamin C 0%
Calcium	0% • Iron 0%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

**Ingredients:** Water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, other natural ingredients

- This drink is most likely...
  - 100% Orange Juice
  - Orange Juice Drink
  - Orange Soda**
- List two facts on the nutrition label that led you to your answer for question number one.
  - High calories, high sugar**
  - No vitamins**
- List one fact on the ingredients list that led you to your answer for question number one.
  - No fruit or juice listed**
  - mostly water and high fructose corn syrup (sugar)**
- How many grams of sugar are in one serving of this drink? **32 g**
- How many servings are in the entire drink container? **1.5**
- How many teaspoons of sugar are in one serving of this drink? Please show your work and circle your answer.
  - 32g / (4.2g/tsp)**
  - = 7.6 tsp**
- How many teaspoons of sugar are in the entire drink? Please show your work and circle your answer.
  - 7.6 tsp x 1.5 servings**
  - = 11.4 tsp**



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<b>Nutrition Facts</b>	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 110</b>	
%Daily Value*	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 0mg	<b>0 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 22g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 50%	
Calcium 2% • Iron 0%	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

**Ingredients:** Water, concentrated orange juice

8. This drink is most likely...
  - a. **100% Orange Juice**
  - b. Orange Juice Drink
  - c. Orange Soda
  
9. List two facts on the nutrition label that led you to your answer for question number eight.
  - a. **Low in calories**
  - b. **Less sugar**
  - c. **Lots of Vitamin C**
  
  - d. **Has calcium**
  
10. List one fact on the ingredients list that led you to your answer for question number eight.
  - a. **Only ingredients water and juice**
  
11. How many grams of sugar are in one serving of this drink? **22g**
  
12. How many servings are in the entire drink container? **8 servings**
  
13. How many teaspoons of sugar are in one serving of this drink? Please show your work and circle your answer.
  - a. **22g / (4.2g/tsp)**
  - b. **= 5.2 tsp**
  
14. How many teaspoons of sugar are in the entire container of this drink? Please show your work and circle your answer.
  - a. **5.2 tsp x 8 servings**
  - b. **= 41.6 tsp**



## Juice Jumble Quiz 1 Label Wizard – Answer Key

<b>Nutrition Facts</b>		
Serving Size 12 FL OZ (240g)		
Servings Per Container 1		
<b>Amount Per Serving</b>		
<b>Calories 120</b>		
		%Daily Value*
<b>Total Fat</b>	0g	<b>0 %</b>
Saturated Fat	0g	<b>0 %</b>
<b>Cholesterol</b>	0mg	<b>0 %</b>
<b>Sodium</b>	30mg	<b>1 %</b>
<b>Total Carbohydrate</b>	31g	<b>10 %</b>
Dietary Fiber	0g	<b>0 %</b>
Sugars	29g	
<b>Protein</b>	0g	
Vitamin A	0%	• Vitamin C 70%
Calcium	0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.		

**Ingredients:** Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40

15. This drink is most likely...
  - a. 100% Orange Juice
  - b. Orange Juice Drink**
  - c. Orange Soda
  
16. List two facts on the nutrition label that led you to your answer for question number fifteen.
  - a. High calories**
  - b. High in sugar**
  - c. Has Vitamin C**
  
17. List one fact on the ingredients list that led you to your answer for question number fifteen.
  - a. Third ingredient is pear juice**
  
18. How many grams of sugar are in one serving of this drink? **29g**
  
19. How many servings are in the entire drink container? **1 serving**
  
20. How many teaspoons of sugar are in one serving of this drink? Please show your work and circle your answer.
  - a. 29g / (4.2g/tsp)**
  - b. = 6.9 tsp**
  
21. How many teaspoons of sugar are in the entire container of this drink? Please show your work and circle your answer.
  - a. 6.9 tsp x 1 serving**
  - b. = 6.9 tsp**

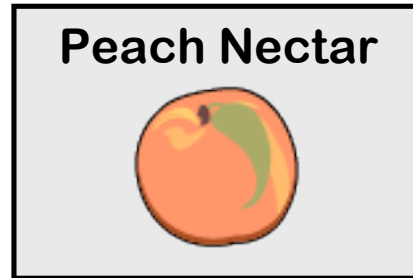


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22. This drink is most likely...
- a. All Fruit Juice
  - b. Some Fruit Juice
  - c. No Fruit Juice

23. This drink is most likely...
- a. All Fruit Juice
  - b. Some Fruit Juice
  - c. No Fruit Juice



24. This drink is most likely...
- a. All Fruit Juice
  - b. Some Fruit Juice
  - c. No Fruit Juice

25. This drink is most likely...
- a. All Fruit Juice
  - b. Some Fruit Juice
  - c. No Fruit Juice



26. This drink is most likely...
- a. All Fruit Juice
  - b. Some Fruit Juice
  - c. No Fruit Juice

27. This drink is most likely...
- a. All Fruit Juice
  - b. Some Fruit Juice
  - c. No Fruit Juice

