



## Nutrition Label Questions

Directions: Use the Nutrition Labels from the candy made at Spangler's to answer the questions below.

1. How many calories are in one Dum Dum? \_\_\_\_\_
2. How many calories are in three Saf-T-Pops? \_\_\_\_\_
3. How many Circus Peanuts are in four servings? \_\_\_\_\_
4. If you eat 10 Dum Dums in one week, how many calories is that?  
\_\_\_\_\_
5. How many grams of sugar are in two servings of Circus Peanuts?  
\_\_\_\_\_
6. According to one serving size for each candy, what candy should you eat if you wanted to eat the lowest amount of sugar?  
\_\_\_\_\_
7. Add the amount of calories in one serving size of Dum Dums and the amount of calories in one serving size of Saf-T-Pops. Then divide by two. What is your answer? \_\_\_\_\_
8. If you eat one serving size of all four candies, how many total calories would you eat? \_\_\_\_\_
9. If you eat two serving sizes each, of all four candies, how many carbohydrates would you eat? \_\_\_\_\_
10. How many calories are in 1 circus peanut? \_\_\_\_\_

