



Name: _____

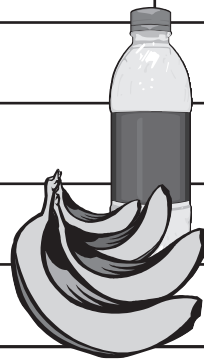
Date: _____

School Snack Report Card

Instructions: What grades do you give the snacks at your school? On this report card, list six snacks you can buy at school in the cafeteria or in vending machines. Be sure to include a few beverages, too. For each snack, fill in the nutrition information. You'll find it printed on foods with labels, and basic information for foods like fruits, cookies, or brownies is available online and in the library. Once you fill out this information, give each snack the grade that you think it deserves. Finally, assign a number to each of the six grades (A=4, B=3, C=2, D=1, F=0). Add up the numbers and divide by 6. This gives you your overall grade for the school's snacks.

School Snack Report Card

Snack	Vitamins	Complex Carbohydrates	Sugar	Protein	Calories	Fat	Grade
1.		grams	grams	grams		grams	
2.		grams	grams	grams		grams	
3.		grams	grams	grams		grams	
4.		grams	grams	grams		grams	
5.		grams	grams	grams		grams	
6.		grams	grams	grams		grams	



Overall Grade: _____

Evaluation: Do lots of students buy snacks at school? Why? Looking at your grades, do you think it's healthy to eat school snacks?
