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ame _			Today is	G_{2}
THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COL	CALD	RIE W	DRKSHE	
B	man.	Counting ealor	ries is easy to do, p is important too!	THE TOPP
List	five foods you at	e today:	What activities do do to use up the	
Foods I at	te today	Calorie value	Activity	Calories Used/hour
			1	
		- 12	2	
			3	
			4	
			5	
Tota	d calories caten		Total calories use	d
D		o these meals have?	If you ate 800 cal	lories, what activities use the calories?
What	eould you substitu er of calories in cae Calories Substit	h meal?	Activity Time	Calories Used
What numb	er of ealories in eae Calories Substit	h meal? ated Food Calories	Activity Time 1	Calories Used
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What numb ods mburger _ cuch Fries. da upeake tal	er of ealories in eae Calories Substit	h meal? ated Food Calories	Activity Time 1 2 3 4 5	Calories Used
What namb ods mburger _ ench Fries. da tal tasled Chie	er of ealories in eae Calories Substit	h meal? ated Food Calories	Activity Time 1 2 3 4 Total calories use Name 3 low-calor	Calories Used d
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What numb ods mburger _ cuch Fries. da _ upcake _ tal _ masled Chie ushed Potat seen Beaus	er of ealories in eae Calories Substit	h meal? ated Food Calories	Activity Time 1 2 3 4 Total calories use Name 3 low-calor	Calories Used d soo rie snacks
What namb ods mburger _ ench Fries. da _ peake _ tal _ easted Chie asked Potat reen Beans ik	er of ealories in eae Calories Substit	h meal? ated Food Calories	Activity Time 1. 2. 3. 4. 5. Total calories ase Name 3 low-calor that you like to calories.	d
What namb ods mburger _ ench Fries da _ upcake _ tal _ masted Chie asked Potat reen Beans ilk _ wocolate lee	er of ealories in eae Calories Substit	h meal? ated Food Calories	Activity Time 1. 2. 3. 4. 5. Total calories use That you like to contain that you like to contain the contain the contain that you like to contain the contain t	Calories Used d

NUTRITION FACTS MAIN OF F NAME: **Nutrition Facts** Serving Size 1 Cup Servings Per Container 4 Amount Per Serving Calories 100 % Daily Value Total Fat Rg Sodium 50m 2% 10% Vitamin C. COMPREHENSION QUESTIONS

1. IF YOU USE 5 CUPS, HOW MANY SERVINGS WILL THAT

2. IF YOU USE & CUPS, HOW MANY CALORIES WILL THAT BE?

3. IF YOU MAKE 2 SERVINGS, HOW MANY MILLIGRAMS OF SODIUM WILL THAT BE?

9. IF YOU WANT TO MAKE 8 SERVINGS, HOW MANY CONTAINERS WILL YOU NEED?

\$ berne kind on

Serving Size This tells you what amount equals one serving of the product. Every other nutrient value listed on the label is based on this amount.

Calories Calories are a unit of energy. Calories in food come from carbohydrates, protein, and fat. Because calories give us energy, we need them to be

able to think and be active.

% Daily Value This tells you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

Cholesterol Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

Total Carbohydrate Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on

Fiber: Helps with digestion and keeps you full between

the label.

Sugars: Give you instant energy, but eating too much added sugar can be unhealthy.

Nutrition	Facts
Nutrition	racis

Serving Size Servings per Container

Cholesterol

Total Carbohydrate

Dietary Fiber

Sugars

Sodium

Amount per serving Calories	Calories from Fat
	% Daily value*
Total Fat	
Saturated Fat	
Trans Fat	
Polyunsaturated	Fat
Monounsaturate	d Fat

Vitamin A	G.	Vitamin				
Calcium		Irc				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:						
	Calories	2,000	2,500			
	Less than	65g	80a			
Total Fat	LUGG THAT	100000	4445			
	Less than	20g	25g			
Sat. Fat		55.00	5.000			
Cholestero	Less than	20g	25g			
Sat. Fat Cholestero	Less than Less than Less than	20g 300mg	25g 300mg			

Fat 9 • Carbohydrate 4 • Protein 4

Calories per gram:

Footnote This reminds us that all of the Daily Values come from the recommendations for a 2,000-calorie meal plan. Your needs may be higher or lower based on your height, genetics,

and activity level. Keep in mind this is just an

average, these daily value percentages (%) are

Servings Per Container This tells you how many servings you can get from one package. Some containers have a single serving, but most have more than one serving

Calories from Fat

per package.

This is the number of calories that come from fat. It is not the percent of fat in the food.

Total Fat Fat is essential in our bodies. There are 4 kinds of fat. Monounsaturated and polyunsaturated fat are the kinds of fat that are heart healthy. These kinds of fat may not be included on the food label. Saturated fat and trans fat are unhealthy for your heart, and should be limited.

Sodium Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

Protein This nutrient is used to build muscle and fight infections.

Vitamins/Minerals This tells you the percent Daily

Value for vitamin A, vitamin C, calcium, and iron you are getting from this product. Other vitamins and minerals may be included in this section.



*** This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag. ***

9. How many calories would you consume if you ate the whole 16oz bag?

How many carbohydrates would you consume if you ate the whole

What percentage is this of your daily intake of carbohydrates?

bag?

12. How much fat would you get from eating 5 servings of Doritos?

13. How much saturated fat would you get if you ate the whole bag?

***Assume the same sized bag – 16 servings per bag ... ***

How much saturated fat would you get from eating the whole bag of Baked Doritos?

How many carbohydrates would you get if you ate the entire bag?

How much less fat would there be in eating an entire bag of Baked vs. Regular chips?

What major nutrient increases per serving when comparing Baked vs. Regular chips?

By Duncan



knowed Per Serving Calories 120 Calories from Fet 30 Saturated Fat 0.5g 2% Polyunsaturated Fat 2g Monoureaturated Fat for Cholesterol (mg Total Carbohydrate 🚈 7% Dietary Fiber 2g Vitamin C 0% Inn 25 Diamin 4% Villamin Be 6% and Tally Science are heard on a 7 Will receive glet. Your daily rathers may be higher in lower aspenang on your awarts needs 3,000 See Fair Loss Face (Elig Loss Face (Elig Loss Face (Elifon) Loss Face (LANDing) Arthur Color producting Yellow & Lass, Yellow 5 Lake, Yellow B, Rud RD Lass), Sagur, Gurlio Powder, Disorbyin Phosphale, Destroes, Partiespel. Disprises, Spice, Clork Apid, Lactic Apid, Dispolarii nochair, and Decolum Georgian. CONTINUE MEJE AND WHEAT INGREDIENTS. Cultries per gran. File 9 - Curbohydrete 4 - Protein

My food diary On Monday I had orange juice and cereal for breakfast. At break, I had some biscuits and a banana. For lunch, I had meat, potatoes and peas. In the afternoon, for a

2) Read Duncan's food diary and choose the correct answer.

snack I had a sandwich and apple juice. For dinner, I had pizza with mushrooms and red peppers. On Tuesday I had milk, toast and an apple for breakfast.

At break, I had a raspberry yoghurt. For lunch, I had vegetable soup and a hamburger. In the afternoon, for a snack I had milk and a banana. For dinner, I had chicken and salad. On Wednesday I had orange juice and toast for breakfast. At break, I had a cheese and tomato sandwich.

For lunch, I had fish, potatoes and spinach. In the afternoon, for a snack I had some biscuits and water. For dinner, I had cauliflower cheese and carrots. anness of the fact of the second of the seco

1. What did he have for breakfast on Wednesday'

- a) He had milk, toast and an apple for breakfast on Wednesday.
- b) He had orange juice and toast for breakfast on Wednesday. c) He had cheese and tomato sandwich for breakfast on Wednesday.

2. What did he have for lunch on Monday?

- a) He had meat, potatoes and peas for lunch on Monday.
- b) He had vegetable soup and a hamburger for lunch on Monday. c) He had meat, potatoes and cheese for lunch on Monday

3. What did he have for dinner on Tuesday?

- a) He had pizza with mushrooms and red pepper for dinner on Tuesday. b) He had milk and a banana for dinner on Tuesday.
- c) He had chicken and salad for dinner on Tuesday.
- 4. When did he have a raspberry yoghurt at break

a) On Monday. b) On Tuesday.

c) On Wednesday.

5. What did he have for lunch on Wednesday?

- a) He had cauliflower, cheese and carrots for lunch on Wednesday. b) He had meat, potatoes and peas for lunch on Wednesday.
- c) He had fish, potatoes and spinach for lunch on Wednesday

Reading food labels worksheets pdf. Reading food label exercises. Reading food labels worksheets.

Certain dietary constraints, like heart issues, especially need fat and salt information. Food groups include: Meats/Beans, Dairy, Vegetables, Fruits, Oils/Fats, GrainsHow do I use this in my classroom? I print on white cardstock, laminate, cut out and add Velcro. No training required - copy machine friendly. Includes Bonus File: 56 Picture

Prompts. Preview is typical of Download. With this set of food groups sorting mats, students can sort 48 different objects by color (6 color mats, 8 different sorting pieces per mat). Flesch-Kincaid Reading Levels: K-7. Bonus file: 56 Writing Picture Prompts. Preview is typical of Download or follow the links for full previews: Level A"My Pet" (30 words)"In My Yard" (30 words) Food" (33 words) Level B"Frogs" (40 words) No P Q R S". This set is included in our Food Groups Clip Art Bundle! 46 Graphics (23 in color, 23 in black and white + Any graphics with words are included as blank versions)- 300 DPI files (nice crisp printing!)- PNGs (PNG files havePage 16This is a DIGITAL interactive Google Slides product for food webs, and energy pyramids. Thirty-nine end of year leveled reading assessments. Students must label organisms on the food web, place them on the energy pyramid, and discuss interactions between organisms. Reading Levels A-Z (78 passages for \$6). Preview is same as Download. Level B"Frogs" (40 words) "Singing" (47 words) "Est Progress Report By Farm" (42 words) "Food" (33 words) "Est Progress Report By Farm" (42 words) "Food" (30 words) "Food" (40 words) "Food Report "Reading Levels A B C D E F G H I J K L M N O P". Flesch-Kincaid grade levels: K-3. who could ask for more? Find the rhythms of some of your favorite foods from cucumber, broccoli, pear, and grapes to macaroni, cereal, and chocolate cake! This product includes:*30 different food-themed words, pictures, and accompanying rhythms.*All wordsPage 11Use this easy-to-implement activity in biology class or anytime you want to review nutrition and health vocabulary with your students. (Each story includes assessment scorecard.) LEVEL A"My Pet" (30 words) "Food" (33 words) "Food" (40 set of breakfast foods. and may more! Fruits and vegetables: - Watermelon, orange, plum, lemon, pineapple, kiwi, grapes, peach, strawberry, banana, olives, pear, melon, garlic, apple, cauliflower, carrot, mushrooms, cucumber, potato, asparagus, pumpkin, eggplant, zucchini, peas, pepper, lettuce, onion, tomato, broccoPage 8Sorting is an essential skill that students need to learn in their early education years. Instructions for playing are included. Do your students like silly jokes, knock-knock jokes, and tongue twisters? It is a fun way to learn food vocabulary (arroz, pan, pescado, carne, cereales, queso, huevos, pasta, helado, mantequilla, yogur, chocolate) in Spanish. This product is great to (30 words)"In My Yard" (30 words)"Food" (33 words)"Food" (47 words)"EVEL B"Frogs" (40 words)"Singing" (47 words)"EVEL C"At Work" (79 words)"EVEL B"Frogs" (40 words)"EVEL B"Frogs" (40 words)"EVEL B"Frogs" (40 words)"EVEL C"At Work" (79 words)"EVEL C"At Work" (79 words)"EVEL B"Frogs" (40 words)"EV cooperative play, addition, money centers, listening, writing, helping others, space centers, space activities, role play and more, Thirty-six getting ready for Kindergarten, 1st, 2nd Grade leveled reading passages with comprehension guestions. Saturated and trans fat have the potential to raise blood cholesterol, so watch for these indicators in the foods. Sweeteners have many names like corn syrup, sucrose, honey and fructose. Serving Sizes the serving size is listed on the nutrition label. Study ecosystem interactions, food webs, traits and behaviors, and structural adaptations with this ocean themed life science unit. This supplemental resource will enhance your upper elementary life science. unit as you work your way through the required unit pacing. ALL NEW team activities, Interactive Science Notebook entries, whole group activities, read alouds, video clips, research, an Page 6This environmental science lesson and activity is designed for middle school and high school courses. The certified seal on meat means the animals weren't raised on antibiotics and their feed wasn't genetically modified, and grass-fed meat with a grass-fed meat with a grass-fed meat with a pasture with a grass-fed meat with a gra further before making the purchase. Or follow the links for full previews: Level A "My Pet" (30 words) "Food" (33 words) "Food" (33 words) "Food" (30 words) color and the same 19 in B&W) This set is also available as part of the LET'S EAT - FOOD CLIP ART BIG BUNDLE This set contains all of the images shown. Reading Levels A-Z (78 passages for \$6). Preview same as Download. LEVEL B"Frogs" (40 words) "My Farm" (42 words) "Food" (33 words) "Food" (33 words) "Food" (30 words) "Food" (30 words) "Food" (40 words words) "Singing" (47 words) LEVEL C"At Work" (79 words) "Playing at the Park" (103 words) "Playing at the Park" (103 words) "Eventy-eight quick reading Passages for Fluency Kindergartenby Reading Pa style of Fountas and Pinnell. The foods included in this set are: Bacon, cheerios cereal, coffee cup, croissant, donuts, egg, hard boiled egg, juice, maple syrup, muffin, oatmeal, pancakes, sausage, takeout coffee, teapot, toast, waffle, yogurt. Before purchasing, please check that you are able to open zip files and ensure that your zip opening software is updatPage 14This collection contains 4 different clip art sets. The USDA Organic seal shows the food is 95 percent certified organic. Seventy-five guided reading passages with comprehension questions. Download preview for 'Terms Of Use'. This set can be purchased as part of the FOOD 1 Clip Art Mega Bundle There are more food sets in FOOD 2 Clip Art Mega Bundle Images in this set are: sliced loaf, baquette, burger buns, cinnamon roll, croissant, hotdog rolls, pretzel, donuts, muffins, cupcakes, cake. This would make a great hand out for early finishers or as a treat to take home. This nutrition activity covers the following words: Carbohydrate, Cholesterol, Dairy, Deficiency, Digestion, Energy, Fat, Food Group, Fruit, Grains, Growth, Health, Meat, Mineral, Nutrition, PrPage 12Food clipart for all your projects! Includes sets for packaged meats and seafood, frozen foods, bakery products, and condiments and condiments are condiments. graphics - 74 in color, 73 in black and white) - 300 DPI files (nice crisp printing!) - PNGs (PNG files have transparent backgrounds) Bakery - bagels, baguette, bread loaf, cake, cookies, croissants, donuts, English muffins, flat bread, hamburger buns, hot dog buns, Page 13A set of snack foods that can be found in a supermarket or grocery store. Each story includes simple assessments, with a mix of fiction and non-fiction passages. If you see water at the top, you know that's the main ingredient. Forty-eight leveled reading passages and assessments. INCLUDES 15-PPage 24Please follow my store for frequent freebies! Please leave feedback for tpt credits! This primary science pack is an excellent supplement activity sorting, categorizing, teaching, centers, assessment, and organizing set. This is a zip file. Flesch-Kincaid grade levels: K-2. The included maps, worksheets and project provide a great introduction to habitats, biomes, and food webs. Flesch-Kincaid grade levels: K-3. LEVEL A"My Pet" (30 words)"In My Yard" (30 words)"Food" (33 words)"Food (33 words)"Food (33 words)"Food (33 words)"Food (34 words)"Food (35 w words)LEVEL B"Frogs" (40 words)"My FPage 3Your next science unit is already planned for you! In this complete animal unit, students will participate in individual, small-group, and whole-class activities that will teach them concepts of animal classification, animal life cycles, ecosystems and biomes, habitats, animal adaptations, animal reproduction, and food chains and food webs. Reading Levels A-Z (78 passages for \$6). Preview typical of Download. For kindergarten, preschool, first grade, SPED, child care, homeschool, or any early childhood setting. Use with you These are cards with the printed names. This product is a Microsoft word file and can be edited to suit the needs of your classroom. Page 2End of Year Assessment (Kindergarten, 1st, 2nd Grade) "Levels A B C D E F G H I J K L M". For personal or commercial use. The total amount of fat per serving is listed as well as the type of fat. If a box lists eight servings and you only need it for four people, only use half or plan on leftovers. Fat and Salt ContentHealthy nutrition information is easily accessible by reading the labels carefully. Breathe new life into your housekeeping area with this fun center. Word search puzzles are a great way to review vocabulary and improve spelling. It's designed for the consumer to pick it up and buy it. Checking the nutrition facts of ingredients and nutritional values makes for an informed buying decision. Ingredients The food's ingredients The food's ingredients are listed in a type of hierarchy. A label indicating it's actually two servings would mean you're getting twice the sugar, caffeine and calories. The pack includes fruits, vegetables, sweets, meat, fish, bakery, pasta... Flesch-Kincaid Reading Levels: K-7. Bonus file: Black History Month Posters. Preview is typical of Download or follow the links for full previews: Level A"My Pet" (30 words) "Food" (33 words) "Food" (30 words) ThisPage 212 sets of visual flashcards (174 flashcards each) to practice matching, sorting, identifying, vocabulary, word wall themes and more. Easy to set up activities for work task bins or a small group lesson. Seventy-eight reading intervention passages. Food packaging often highlights the ingredients or qualities that sell the product. Need the bundle? Flesch-Kincaid Reading Level: Grade K-1.Need the bundle? No training required - copy machine friendly.Preview is typical of Download. It includes: 1 ---> match pictures with words activities 9-11 ---> me guPage 26Dramatic play center featuring a space themed restaurant. The fat calorie percentage and total calories are also listed. It also includes the 82 lineart clipart. Think of a bottle of soda that appears to be one to take and drink by yourself. Simple Assessments. Who Has...?' game which is a great tool for memorizing the meaning of these terms. 20 images (10 in color and the same 10 in B&W) Images saved at 300dpi in PNG files. Included: vocabulary word Labels, (predator, prey, consumer, producer, decomposer, herbivore, omnivore, carnivore, carnivore, flow of energy, food web, food chain, energy pyramid, ecosystem) arrows (for food webs, chains, and flow diagrams), image cards of various producers, consumers, anPage 25I have designed these activities for my 3rd, 4th and 5th graders, but you can use it with younger or older students too. Resources include a teacher guide, hands-on students activities (printable or digital), learning centers, review game, and unit assessment. Teaching science age 4Food Cards 300 Realistic Pictures Cards are 2 x 2Pictures Include: fruits, vegetables, meats, dairy, breads, deserts, snacks, condiments, drinks, breakfast, lunch, and dinner foods + moreThis product uses real photos that are realistic to everyday life. Topics include food webs, habitats, climate, tropical rainforest, savannah, desert, steppe, chapparral, grasslands, deciduous forest, taiga, tundra, and alpine biomes. Click here to see a video of the project. This lesson is designed to facilitate independent learning and is ideal for a sub pPage 7UPDATED VERSION! This super pack includes 82 food clipart high quality pngs in color. For personal or commerciPage 10Use the rhythms of the food-themed words to inspire composition, arrangements, games, and more! In this set you'll find rhythm words to print and use in centers (various sizes included), a sorting worksheet, and more! All words have rhythm. Images saved at 300dpi in PNG files. Or follow the links for full previews:Level A"My Pet" (30 words)"In My Yard" (30 words) "Food" (33 words) "Food" (33 words) "Food" (34 words) "Food" (35 words) "Food" (36 words) "Food" (36 words) "Food" (37 words) "Food" (38 words) "Foo words) Level B"Frogs" (40 words) "My Farm" (42 words) "SinginFountas and Pinnell Reading Assessment, "Levels A B C D E F G H I J K L M N O P Q R S". Fifty-seven guided reading leveled passages in the style of Fountas and Pinnell. Reading Levels A-Z (78 passages for \$6). Preview is typical of Download. The terms here are producer, herbivore, consumer, predator, prey, organism, fungus, habitat, energy, food chain and food web. Also includes 16 category cards for sorting. Flashcards: Tomato, avocado, butter, coffee, spinach, broccoli, bagel, syrup, bell pepper, corn, juice, yogurt, cucumber, lettuce, sliced bread, sour cream, peas, cherries, granola bar, cheese, peppers, potato, crackers, soda, Page 223.5 Food Chains, Consumers, Producers, and Decomposers Worksheet Bundle: 16 printables: Key concepts: ·Be able to describe, interpret, and build a food chain ·Compare terrestrial and aquatic animals ·Be able to define, describe and identify consumers, producers, and decomposers Define, differentiate, & identify a predator or prey Assessment available for this Unit:Food Chain, Assessment, Virginia Sol, ViPage 23There are 40 food flashcards. Foods with a higher percentage of vitamins, nutrients and fiber outweigh foods high in fats, sugar and salt. This is useful to know if you're looking for healthy foods while trying to avoid unhealthy ones. Students will independently study living and nonliving components of an ecosystem and their interactions, producers, consumers, decomposers, food chains, food webs, invasive species, and learning about past environments through fossils. Why Teachers Love It! Designed for independent work Varied activities including, and more OPage 19This is a collection of 5 different clipart sets connected with eating and food. The sets in this collection are: Breakfast foods. Cafe Paris. Junk Foods, Table Place Settings, Tea Time. 38 images (19 in color and the same 19 in B&W) The images in each set are: Breakfast Foods Bacon, cheerios cereal, coffee cup, croissant, donuts, egg, hard boiled egg, juice, maple syrup, muffin, oatmeal, pancakes, sausage, takeout coffee, teapot, toast, waffle, yogurt.Cafe ParisCafe table and chairs.Page 20A set of foods that can be found in a bakery, supermarket and grocery store. Some kids relate better to real pictures instead of drawn pictures. This item would be great for any child especially those with Autism, Asperger's, PDD-POS, Speech Delay, etc...The purchaser is granted permission to download and print this item foPage 5The ocean is full of fascinating animals, exotic ecosystems, and strange adaptations. Eighteen reading passages for fluency kindergarten. 26 images (13 in color and 13 in B&W) Images saved at 300dpi in PNG files. The sets in this collection are: Donut Store, Build An Ice Cream Sundae, 3-In-1 Build A Burger/Sub/Sandwich, Peanut Butter & Jelly. The images in these sets are: Build An Ice Cream Sundaeice cream flavors, toppings, banana, sprinkles, bowls, glass, cherry, cups, spoon, wafer, bowls, glass, gl selectPage 15A collection of junk food and treats clip art! Includes graphics for cake, chips, chocolate, coffee, cookie, cupcake, donut, french fries, hamburger, hot chocolate, pudding, taco. If yPage 18This GO DIGITAL Interactive Science Notebook was designed specifically to enhance online learning. Students will then have fill in the blank questions *Food Chains and Food Webs Game - Food chains and food web terms are referenced in this 'I Have... Includes all the printable foods to match the menu plus lots of signs. The bigger the weight, the higher it goes on the list with the smallest portion listed last. The sodium content will also be listed, which is important for those who need to watch their salt intake. Certified USDA Organic There's a lot of talk about organic and natural. The file includes high quality printable flash cards with the most common fruit, vegetables, snacks, sweets and other meals: carrot, tomato, cabbage, banana, apple, pear, chocolate, crisps, egg, spaghetti, pancakes, soup, milk, orange, cereal and etc. This means the produce with this label was grown without synthetic fertilizers and the crops were not genetically engineered. Images in this collection are apple sauce, nuts, mint chocs, chips, goldfish snacks, popcorn, chocolate bars, crackers, cookies. MORE FROM QUESTIONSANSWERED.NET This product can be used as an in class assignment or homework assignment to reinforce vocabulary primary, secondary, and tertiary

consumers, producers, herbivore, carnivore, omnivore, and energy pyramid. A long list of ingredients can indicate more processing. This is important to note because what looks like one serving could actually be two or more.



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