**DIGGIN’ IN AND ANALYZING ENERGY BARS**

**Directions:** Look at the wrapper and/or box of the energy bar you have at your table.

1. What catches your eye when looking at this energy bar wrapper (look at the name of bar, colors, design of wrapper).
2. Are there any health claims on the front of the wrapper? If so, what are they?
3. Are there any health claims you don’t know or understand? If so, look them up and find out what they mean!
4. How does the eye catching feature and the health claim differ?
5. Does this energy bar wrapper have any messages, slogans or a mission statement written on it? If so, write it below
6. Type out the ingredients listed on your energy bar wrapper below.
7. Are there any ingredients you don’t recognize or know? List them below.
8. Look up these ingredients online to find out more about them from a valid source. What did you find? Is it a healthy ingredient? (If there are many ingredients you don’t know, choose 3 to focus on).
9. Look at the Nutrition Facts

How many grams of sugar does your energy bar have? \_\_\_\_\_\_\_\_\_\_\_\_

Teens are supposed to have an average of about **28grams** of added sugar per day. With this information, calculate the percentage of your daily sugar intake this energy bar would give you. Write this percentage below.

1. Would this energy bar be a healthy choice for you?? Would you buy it? Why or why not?