

# Deciphering the Grain & Fiber Label Codes

---

1. What do you think it means to have both a highlight and a star?
2. What do you think it means to have a circle and a star?
3. What do you think it means to have a single sad face?
4. What do you think it means to have a hashtag and sad face?
5. How were some of the package labels deceiving if you didn't look closely at the dietary fiber grams and the ingredients list? Give at least one example from this activity to illustrate this.
6. Write down any of the words used in the first ingredients listed that you cannot identify or explain. Look them up and write a definition for them.



