



## Hot Cocoa Mix Comparison

Name \_\_\_\_\_

Use the hot cocoa mix labels to help you complete this worksheet.

1. What does the term unit price mean?
2. What is the unit price of each of the hot cocoa mixes we sampled in class? Please show your work in calculating this price.
  - Land O'Lakes \_\_\_\_\_
  - Nestle \_\_\_\_\_
  - Starbucks \_\_\_\_\_
3. From the ingredients list (not the nutrition facts), which hot cocoa mix would you expect to be the most nutritious? Why?
4. From the list of ingredients (not the nutrition facts), which hot cocoa mix would you expect to be the sweetest? Why?
5. From the list of ingredients (not the nutrition facts), which hot cocoa mix would you expect to be the saltiest? Why?
6. From the list of ingredients (not the nutrition facts), which hot cocoa mix would you expect to be the cleanest (least processed)? Why?
7. From the list of ingredients (not the nutrition facts) which hot cocoa mix do you think contains the most unhealthy fats? Why?
8. From the list of ingredients (not the nutrition facts) which hot cocoa mix do you think is the most processed? How do you know? The least processed? How do you know?

9. Look now at the nutrition facts portion of the label. Use the Points Reading method to compute a score for each brand and record it here. How many points do each of the mixes have?

- Land O'Lakes \_\_\_\_\_
- Nestle \_\_\_\_\_
- Starbucks \_\_\_\_\_

**One point is assigned if food has:**

200 or *fewer* CALORIES  
10% or *less* TOTAL FAT  
10% or *more* DIETARY FAT  
10% (5 grams) or *more* PROTEIN  
10% or *more* of any VITAMINS or MINERALS

10. How much sugar/serving does each hot cocoa mix have? Refer to the nutrition facts section for this answer. Convert the grams to teaspoons. Remember the formula is sugar grams divided by 4. Place a star beside the mix with the least amount of sugar.

- Land O'Lakes \_\_\_\_\_g \_\_\_\_\_tsp.
- Nestle \_\_\_\_\_g \_\_\_\_\_tsp.
- Starbucks \_\_\_\_\_g \_\_\_\_\_tsp.

11. How much sodium does each of the brands contain? Place a star beside the mix with the least amount of sodium.

- Land O'Lakes \_\_\_\_\_
- Nestle \_\_\_\_\_
- Starbucks \_\_\_\_\_

12. How do the brands compare in the amount of fat they contain? Is this a significant difference? Place a star beside the mix with the least amount of fat.

- Land O'Lakes \_\_\_\_\_
- Nestle \_\_\_\_\_
- Starbucks \_\_\_\_\_

**13. Based on the unit price, the ingredients, and the nutrition facts, which hot cocoa mix do you believe to be the healthiest? Why? (Use your findings as evidence to support your response.)**

**14. Based on the unit price, the ingredients, and the nutrition facts, which hot cocoa mix do you believe to be the unhealthiest? Why? (Use your findings as evidence to support your response.)**

**Now look at the results of the taste test.....**

**15. In what ways do the results reflect the information we learned from the label?**

**16. Could you have predicted your preferences from the information on the labels before tasting the sauces? Explain.**