



# Beverage and Snack Chart

Names of people in group:

1. .... 3. .... 5. ....  
 2. .... 4. .... 6. ....

Questions	Beverage/Snack #1	Beverage/Snack #2
What is the name of this beverage/snack?		
What food group does it belong to?		
How many grams (g) of added sugars are in it?		
What percentage (%) of vitamin D is in it?		
What percentage (%) of calcium is in it?		
What percentage (%) of iron is in it?		

1. Compare the beverages/snacks above. Which choice is more nutritious?

.....

2. Present a claim to the class using evidence in the table. Present 2 facts and an opinion.

"We think ..... (beverage/snack) is a better choice than ..... because

Reason #1: Fact

First, .....

Reason #2: Fact

Second, .....

Reason #3: Opinion

Third, ..... "