

Snack Cost Showdown!

Did you know that the snacks you eat can be sorted into two groups: ultra-processed foods and whole foods? Ultra-processed foods, like chips and candy bars, are made in factories and often have many ingredients. Whole foods, like apples or carrots, come straight from nature with little or no processing. As Food Detectives, your job today is to investigate which type of snack gives you more bang for your buck. By comparing the cost per serving, you'll discover how to make confident snack choices that are good for your health—and your wallet!

Fill in the Blank

Fill in the blank with the correct words:

1. An apple is an example of a _____.
2. Potato chips are an example of an _____ snack.
3. A serving is the amount of food you usually _____ at one time.
4. Whole foods usually have _____ ingredients compared to ultra-processed snacks.
5. When you divide the total price by the number of servings, you get the _____ per serving.

Word bank: ultra-processed, cost, fewer, eat, whole food

Multiple Choice Questions

Choose the correct answer from the choices for each question:

1. Which of these is most likely a whole food?
a) Cheese crackers b) Apple
c) Fruit-flavored gummies d) Chocolate bar

2. If a bag of baby carrots costs \$2.00 and has 4 servings, what is the cost per serving?
a) \$0.25 b) \$0.50 c) \$1.00 d) \$2.00

3. If a box of granola bars costs \$4.00 and has 8 bars, what is the cost per bar
a) \$0.25 b) \$0.50 c) \$1.00 d) \$2.00

4. A bag of popcorn costs \$3.00 and has 6 servings. What is the cost per serving?
a) \$0.25 b) \$0.50 c) \$0.75 d) \$1.00

5. A box of cookies costs \$5.00 and has 10 servings. How much does one serving cost?
a) \$0.25 b) \$0.50 c) \$1.00 d) \$2.00

6. A bunch of bananas costs \$2.40 and has 8 bananas. What is the cost for one banana?
a) \$0.20 b) \$0.30 c) \$0.40 d) \$0.50

7. If a fruit cup costs \$1.20 and you buy 3 cups, how much do you spend?
a) \$2.40 b) \$3.20 c) \$3.60 d) \$4.20

8. A bag of trail mix costs \$4.50 and contains 9 servings. What is the cost per serving?
a) \$0.25 b) \$0.40 c) \$0.45 d) \$0.50

Open-Ended Questions

Answer the following questions in complete sentences:

1. Why do you think it's important to compare the cost per serving of snacks?

2. Describe how you could figure out if an orange or a bag of chips is a better deal.

3. What is one whole food snack you would choose, and why?