

Name: _____

Label Logic

Name of Cereal	Grams of sugar per serving	Grams of fiber per serving
Sweetened:		
Unsweetened:		

1. Which cereal has the most sugar in one serving?
2. Which has the least?
3. Which cereal has the most fiber in one serving?
4. Which has the least?
5. When extra sugar is added to a cereal, does the amount of fiber to increase or decrease?
6. Why?
7. Do you think it is a good idea to add sugar to breakfast cereal?
8. Why or why not?