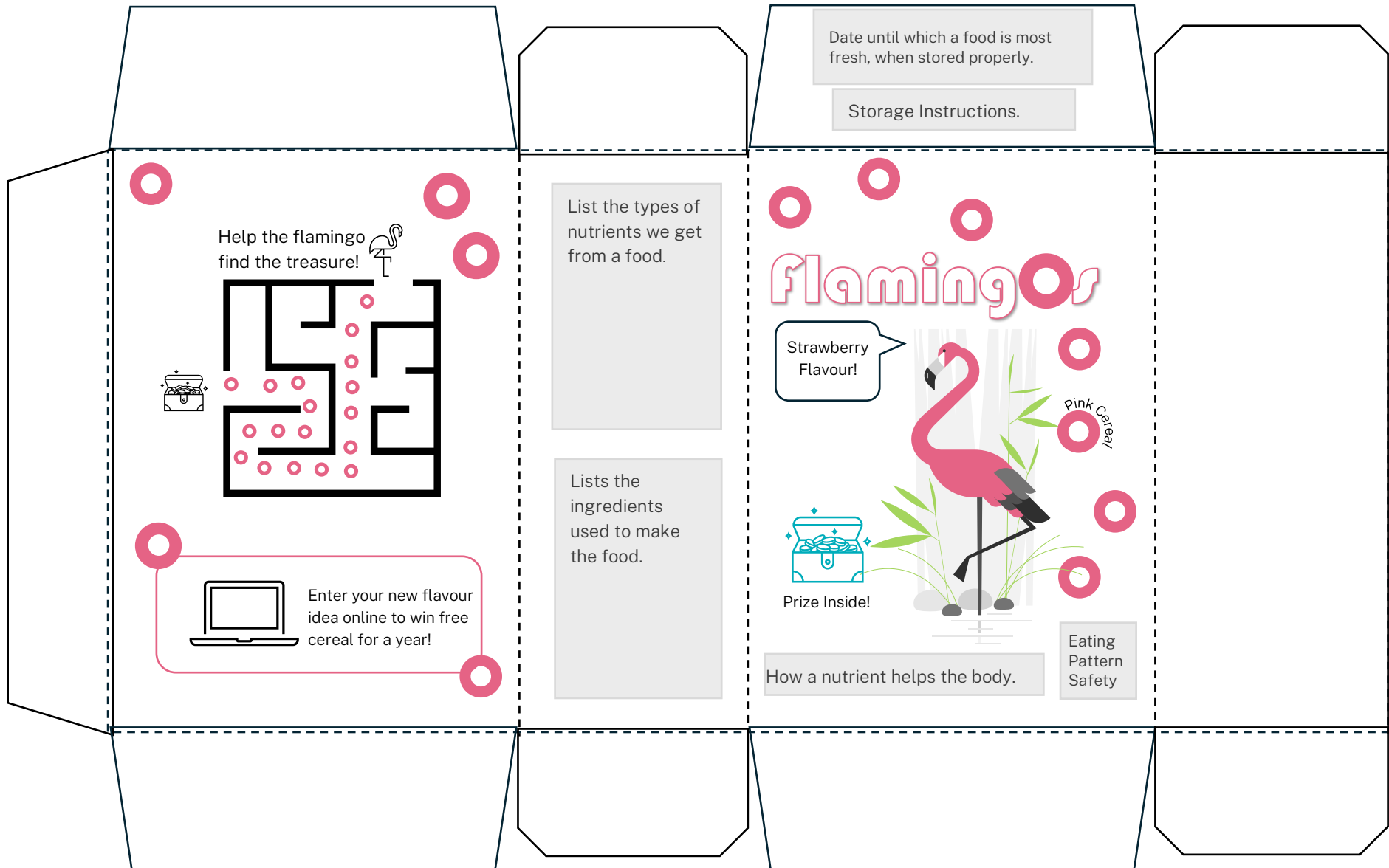


Build a Cereal Box Worksheet

Grade 4

Instructions:

1. Cut out the box template and labels.
2. Glue each label where it belongs on the box.
3. Fold the dotted lines of the box template and glue together.



Nutrition Facts	
Per ½ cup (175 mL)	% Daily Value*
Calories 180	
Fat 2 g	3 %
Saturated 0.4 g	2 %
+ Trans 0 g	
Carbohydrate 35 g	
Fibre 4 g	15 %
Sugars 7 g	7 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 120 mg	5 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron 8 mg	45 %

*5% or less is a little, 15% or more is a lot

Ingredients: Whole Grain Oats, Sugar, Soy Oil, Strawberry Puree, Salt, Tocopherols (added to preserve freshness), Vitamins & Minerals: Iron, Zinc, Vitamin B9 (folic acid), Vitamin B12, Vitamin D, Contains: Peanut, Soy.

Store in a cool, dry location.

Best before / Meilleur avant
26 JA 22

Oat fibre is good for your heart.