Teacher Answer Key

Case Study

1. Every number on a panel describes one serving, so two products measured in different amounts cannot be compared directly. Comparing one third cup against one quarter cup would have made the sweeter granola look closer than it was, and Jordan had to put both on the same amount before any of the other numbers meant anything.

2. Front-of-package words like natural and made with whole grains are marketing rather than regulated measurements, and neither one promises that the product is mostly whole grain or low in sugar. The ingredient list settled it, because cane syrup appearing first meant sweetener outweighed everything else in the bag.

Multiple Choice

1. D

2. C

3. A

Matching

1-E, 2-D, 3-B, 4-A, 5-C

Fill-in-the-Blank

1) 2,000, 2) weight, 3) 50

Short Answer (Sample Responses)

Q1: Everything on the front was designed by the manufacturer to sell the product, while the panel's content and format are required and controlled by the FDA. The company cannot decide what the panel says, which makes it the one part of the package that is measurement rather than advertising.

Q2: Total sugars counts every sugar molecule regardless of where it came from, including lactose in milk and fructose in fruit, which arrive packaged with fiber, water, or nutrients. Added sugars counts only what was put in during processing, which arrives with none of that, so separating the two shows what the manufacturer contributed.

Q3: Ingredients are ranked by weight, so a manufacturer can split the sweetener into several different forms such as cane syrup, dextrose, and fruit juice concentrate. Each one weighs less on its own than the combined total would, so none of them rises high enough on the list to stand out.