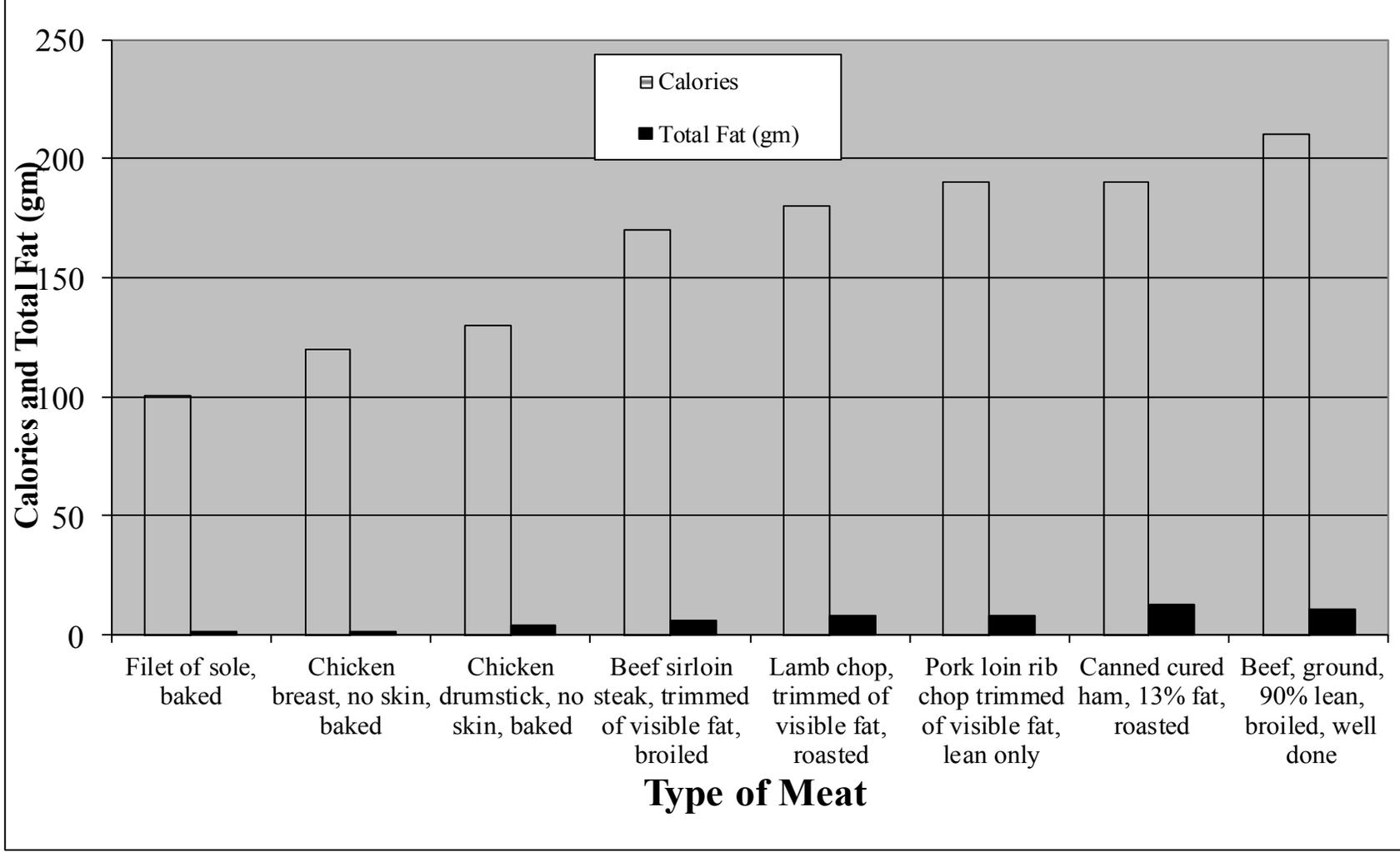




Chicken Nutrition



Name _____

Read the graph to answer these questions:

1. Which food is highest in total fat in grams?
2. Which two foods are the lowest in total fat in grams?
3. Which food is highest in calories? How many calories does it have in a serving?
4. How many calories does a chicken drumstick have per serving?
5. Approximately how many grams of fat does a chicken breast have?
6. List in rank order from most to least the food's fat content.
7. Which foods have the least fat and fewest calories per serving? List three.

ANSWER KEY

Read the graph to answer these questions:

1. Which food is highest in total fat in grams?

Canned Ham

2. Which two foods are the lowest in total fat in grams?

Filet of Sole and Chicken Breast, no skin, baked

3. Which food is highest in calories? How many calories does it have in a serving?

Ground Beef, about 210 calories

4. How many calories does a chicken drumstick have per serving?

About 130 calories

5. Approximately how many grams of fat does a chicken breast have?

Fewer than 5

6. List in rank order from most to least the food's fat content.

Canned Ham, Ground Beef, Lamb Chop, Pork Loin, Beef Sirloin, Chicken Drumstick, Chicken Breast, Filet of Sole

7. Which foods have the least fat and fewest calories per serving? List three.

Filet of Sole, Chicken Breast, Chicken Drumstick