

Fun with Nutrition Facts

Nutrition Facts

Serving Size 1 Box 1.5 ounces (42.5g)
Servings Per Container 1

Amount Per Serving

Calories 130 **Calories from Fat** 0

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	10%
Sugars 30g	
Protein 1g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

How did you do with Your Nutrition Facts Label Today?

To play this game, you will need to know where to find answers on the Nutrition Facts label on a package of raisins. To win, you will have to identify correctly five questions in a row...ready, here goes! Circle your answer.

1. *What is found in raisins that helps build your blood and carries oxygen all over your body?*
Vitamin C or Iron
2. *What gives you energy to run and play?*
Calcium or Carbohydrate
3. *What is something that is in some foods that helps us use the bathroom without straining and hurting?*
Dietary Fiber or Sugars
4. *What do we need to cut down on that is not healthy for our heart?*
Total Fat or Total Carbohydrate
5. *What does %DV mean?*
Percent Dietary Value or % Daily Value

Good For You!



Banana Raisin Pancakes

Makes about 6 to 7 5-inch pancakes. Each serving provides: 221 calories, 6 grams protein, 5 grams fat, (2 grams saturated), 36 grams carbohydrate, 312 milligrams sodium and 35 milligrams cholesterol. To complete the meal, add an orange and a glass of skim milk.

Ingredients

2 very ripe, medium bananas, peeled
1 egg
3/4 cup skim milk
1 tablespoon vegetable oil
1 cup pancake and waffle mix
1/2 cup raisins
1/8 teaspoon ground cinnamon
Applesauce or syrup to put on top of the pancakes you cook

Preparation Time

15 min.

Cooking Time

20 minutes

Utensils

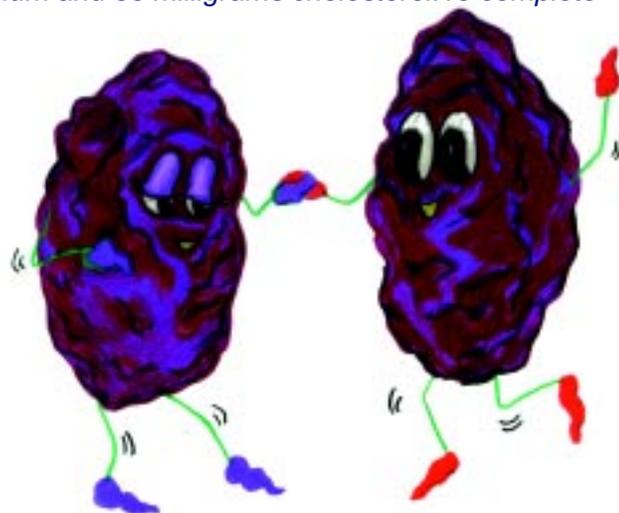
2 mixing bowls

Fork

Cups and spoons to measure with

Skillet (non-stick, if possible)

Spatula or pancake turner

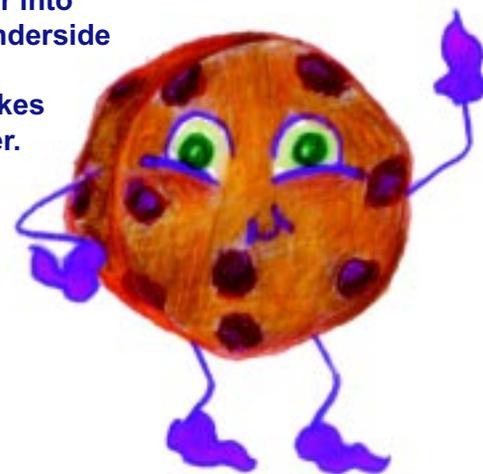


Food Safety Tip:

Have an adult help you cook the pancakes, if you need to. Keep the handle of the skillet from poking out toward you.

How to Cook

1. Break up bananas into a mixing bowl. With back of fork, mash until smooth, about 1 cup. Add egg, milk and oil. Mix together.
2. In another mixing bowl, combine pancake mix, raisins and cinnamon. Add pancake mix to banana mixture, and stir until moistened.
3. Heat skillet over a medium high heat. Measure 1/4 cup batter and pour into skillet. Cook as many pancakes at one time as you can. Brown the underside of the pancake and when bubbles appear on the surface, carefully flip pancakes over and continue cooking for another minute. Slide pancakes onto a plate or platter while you continue cooking the remaining batter.
4. Spoon applesauce or pour syrup over hot pancakes to eat.



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