

Salud Y Vida

DSME Class Session 3

Weekly Action Plan

Name: _____

Date: _____

This week I promise to:

____ Read the food label of a product I use and write down the following information on the product:

Name of product: _____

_____ Serving Size

_____ Calories per serving size

_____ Grams of Total Fat

_____ Percentage of Sodium

_____ Mg of Cholesterol

_____ Grams of Carbohydrates

_____ Grams of Fiber



____ Read the food labels when I go to the store

____ Select my foods after examining the content on the label.

____ Share my product with the class.

____ Other: _____

When I achieve my goal, I will reward myself with:

Signature: _____

Date: _____

Witness: _____