

Taking (Portion) Control

Response Form

Name: _____

Class Period: _____

Directions: *As you complete each step in the process of analyzing and comparing snack foods, record your responses and reactions in the appropriate spaces below.*

100 Calorie Snack Pack Comparison

Rate your reaction to each of the samples on a scale of 1 to 5, with 5 indicating the highest level of satisfaction. Use two to three words, to describe each of the samples in the areas of flavor, appearance and texture.

Snack Food Variety: _____

	Original Version	100 Calorie Pack
Serving size		
Flavor		
Appearance		
Texture		

Calculate the cost per serving for each of the products sampled and record below.

Cost per serving		
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In your opinion, how does the 100 Calorie Pack compare to the original version in overall eating quality and taste? _____

What is the most appealing aspect of the 100 Calorie Pack product? _____

What is the least appealing aspect of the 100 Calorie Pack product? _____

Would you buy the 100 Calorie Pack product? Why or why not? _____
