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What's in Chocolate Candy?

John has a problem with eating too much of one kind of food. His mother feels that it is not healthy to eat only one thing. If John had read the labels on the candy bars that he ate, he would have known what he was eating.

Below is a sample candy wrapper. There are many other ingredients in a chocolate bar besides chocolate. The candy bar below has seven ingredients. The most of what a product has in it is always listed first. The ingredient that represents the least amount is listed last.

CHOCOLATE GOODY ALMOND BAR

INGREDIENTS: MILK CHOCOLATE (MILK CHOCOLATE CONTAINS SUGAR; MILK; COCOA BUTTER; CHOCOLATE; SOYA LECITHIN, AN EMULSIFIER; AND VANILLIN, AN ARTIFICIAL FLAVORING); AND ALMONDS

	Amt. per serving	%DV		Amt. per serving	%DV
Total Fat	14g	22%	Total Carbohydrates	20g	7%
Saturated Fat	7g	35%	Dietary Fiber	1g	5%
Cholesterol	.5mg	2%	Sugars	18g	
Sodium	35mg	30%	Protein	5g	
Vitamin A 0% Vitamin C 0% Calcium 8% Iron 4%					

Nutrition Facts
 Serving Size 1 Bar
 Calories 220
 Fat Cal. 120
 Percent Daily Values (DV) are based on a 2,000 calorie diet.

Check this label carefully and list the milk chocolate contents of this candy bar from the greatest amount to the least amount.

1. _____
5. _____
2. _____
6. _____
3. _____
7. _____
4. _____

Now that you are acquainted with how to read labels, you will have a chance to check out the ingredients of other chocolate candies. With a partner, take some time to collect five different chocolate bar labels. Copy the form below for a total of five copies and complete a form for each candy bar. Take turns looking up ingredients that you do not understand.

Name of chocolate candy: _____

Ingredients: _____

Difficult word and definition: _____

Needs and Wants

In *The Chocolate Touch*, John Midas is called greedy by the storekeeper. Do you think John is greedy? People often get confused by their needs and their wants. Here are the definitions of each.

- **greed (grēd)—*n.* an excessive desire to acquire or possess more than what one needs or deserves**
- **need (nēd)—*n.* something required**
- **want (wōnt)—*n.* to desire greatly, wish for**

See if you can tell the difference between real needs and ordinary wants. List 10 things that you would like to have and check the appropriate box to indicate whether you think it is a want or need. Discuss with an adult which ones are things you really need and which ones are things you want.

What You Wish For	Want	Need
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		