**Energy Product Comparison Project**

**Directions**: Choose two similar sports products from different companies like a bar, hydration gel, or sports drink. Either print (online) or cut out the nutrition label for each item and staple it in the chart below. Look up any product ingredients that are unfamiliar to you and write down what they do in the chart below. Write a few sentences describing your opinion of the nutritional value, vs. the cost, vs. your opinion of taste of each item in the final column.

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| --- | --- | --- |
| **Nutrition Label/Product Claims** | **Function of Ingredients****Price: $\_\_\_\_\_\_\_\_\_** | **Nutritional Value/ Opinion** |
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