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Hello Teacher!

This escape room will have you make a copy. Once you make the copy, you can assign the Google Form to your students in Google Classroom or email it to them through Google.

Each clue will force students to make a copy. They will enter their answers back on the Google form. There are 8 breakout clues and some of them have links including one outside video link.

You will be able to see the answers in the original Google Form. Once you assign it to your students they won't see the answers.

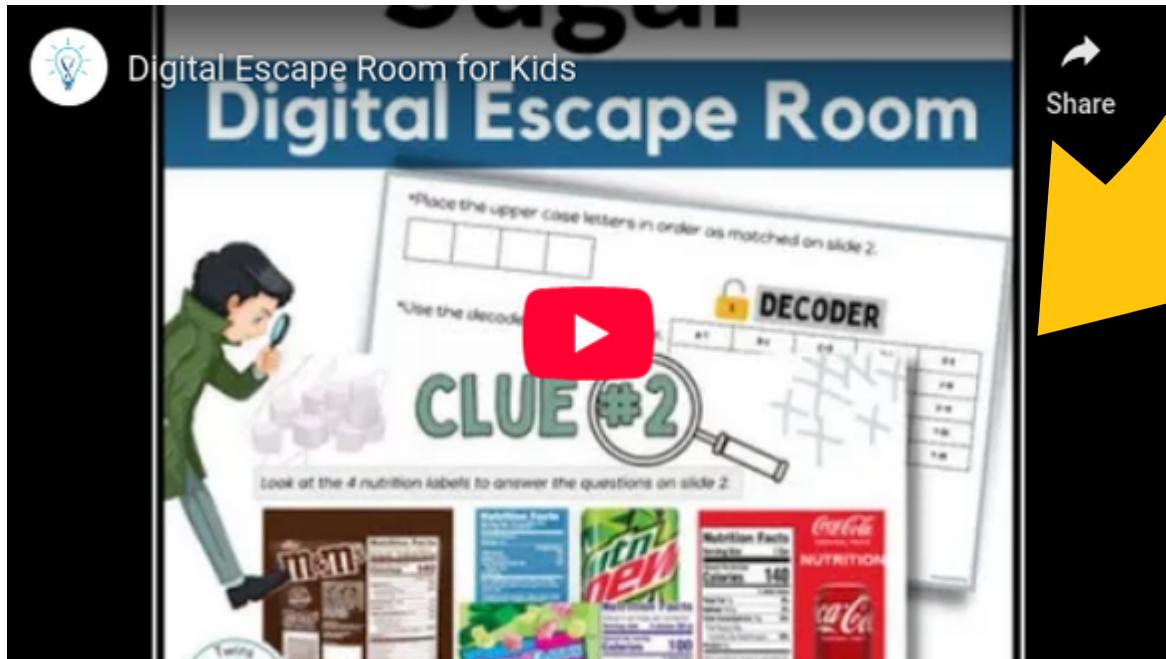


Here is the [Google Form Link](#) to assign your students.

If you have any questions please email me at arlened@culinaryartscurriculum.com

Arlene

Questions on how the escape room works? This video may help!



Still need help? Email me at arlene@twinsandteaching.com

Answer Key

1

1.

c	a	l	o	r	i	e	s
---	---	---	---	---	---	---	---

2.

p	r	o	t	e	i	n
---	---	---	---	---	---	---

3.

s	o	d	i	u	m
---	---	---	---	---	---

4.

d	a	i	l	y	v	a	l	u	e
---	---	---	---	---	---	---	---	---	---

Breakout Code #1:



c	e	m	d
---	---	---	---



2

Drag the correct Answer into the box beside the correct Question

Linked slide

⋮

✖



Question

Answer

What you should look at first on a nutrition label.

2. Serving Size

Provides a measure of how much energy you get from the food.

3. Calories

Includes sugars present in many nutritional foods and beverages.

4. Total Sugars

Sugars that are added during the processing of foods.

1. Added Sugars

Linked slide

⋮

✖



Your Breakout Code can be found by placing the numbers of the answer in order in the box below.

Your Breakout Code is:

2	3	4	1
---	---	---	---



3

Drag the correct statements into the boxes under the matching

Linked slide

Label 1

Label 2

Has less sugar

If you ate the entire box it would be about 5 cups

Two servings would be 460 calories

If you ate the entire box it would be 6 cups

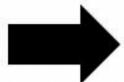
Has more nutrients

Has more sodium

Two servings would be 480 calories

Use the first letter in alphabetical order in each answer of label 1's column to find the breakout code.

Breakout Code #3:



h	i	t
---	---	---

**4**

1.

a	l	l	n	a	t	u	r	a	l
---	---	---	---	---	---	---	---	---	---

2.

s	u	g	a	r
---	---	---	---	---

3.

a	s	p	a	r	t	a	m	e
---	---	---	---	---	---	---	---	---

4.

s	e	r	v	i	n	g	s	i	z	e
---	---	---	---	---	---	---	---	---	---	---

Use the decoder on the next page to find the correct NUMBER for this breakout code.

Breakout Code #4:



1	1	8	1	5
---	---	---	---	---



5

1.

o	n	e
---	---	---
2.

s	a	l	a	d
---	---	---	---	---
3.

p	o	u	l	t	r	y
---	---	---	---	---	---	---
4.

j	u	i	c	e
---	---	---	---	---

Your breakout code can be found using the first letter of each answer.

The code on the previous page will help you find the symbol for each letter. You will use the first letter of each picture as the code. (Capital Letters)

Breakout Code #5: 

M	D	P	M
---	---	---	---



4 out of the 6 sentences below are correct. Drag the **CORRECT** sentences into order from the highest number to the lowest number. Your code will be **4 digits**.

6

6. Calories are a unit of measurement.

5. Fat stores energy.

2. Carbohydrates support physical activity.

1. Protein maintains bones, muscle and skin.

7

Number

11	1	1	3
K	A	A	C

Breakout Code #7: 

**8**

1.

s	n	i	c	k	e	r	s
---	---	---	---	---	---	---	---
2.

s	u	g	a	r
---	---	---	---	---
3.

g	r	a	n	o	l	a	b	a	r	s
---	---	---	---	---	---	---	---	---	---	---
4.

l	e	s	s
---	---	---	---
5.

g	o	l	d	f	i	s	h
---	---	---	---	---	---	---	---



Breakout Code #8: 

N	A	R	S	H
---	---	---	---	---