The Screen "Nutrition Label"

Use this on any app or show your child wants to use. Write the app or show's name next to "Serving Size," then check off everything that applies.

Nutrition Facts

Serving Size:

	% Daily Value*
☐ No Ads	
☐ No autoplay / endless feed	
☐ Clear lessons + clear endings	
☐ Grown-up controls	
☐ Kid-safe privacy	
☐ Active learning	
☐ Calm pace	

How to Score It

5–7 checks: Great pick.
3–4 checks: Use with support and short sessions.
0–2 checks: Worth considering a different option.

Part of the Managing Screen Time, Together toolkit. ©2026, Khan Academy Kids