

Name :

Date :

FOOD PACKAGE LABEL READING WORKSHEET

Directions:

- Carefully examine the nutrition label provided.
- Answer the following short-answer questions based on the information from the label.
- Write your answers clearly in the space provided.

NUTRITION INFORMATION*			
	Per 30 g serving	30 g serving with 200 ml cow's milk	
Energy	114 kcal	260 kcal	
Energy from Fat	3 kcal	84 kcal	
Total Fat	0.3 g	9.3 g	
Saturated Fatty Acids	0.2 g		
Monounsaturated Fatty Acids	0 g		
Polyunsaturated Fatty Acids	0 g		
Trans Fatty Acids	0 g		
Cholesterol	0 mg		
Total Carbohydrates	26.1 g	36.0 g	
of which Sugar (Sucrose)	2.5 g	2.5 g	
of which Dietary Fibre	0.8 g	0.8 g	
Protein	2.0 g	8.5 g	
Sodium	0.15 g	0.21 g	(%RDA)
Vitamin A	30.0 µg	43.7 µg	7%
Vitamin C	9.9 mg	13.9 mg	35%
Thiamine (Vit B1)	0.3 mg	0.4 mg	36%
Riboflavin (Vit B2)	0.4 mg	0.6 mg	52%
Niacin (Vit B3)	4.0 mg	4.2 mg	35%
Vitamin B6	0.5 mg	0.6 mg	29%
Vitamin B12	0.1 µg	0.4 µg	36%
Folate	25.2 µg	39.3 µg	20%
Iron	5.3 mg	5.6 mg	26%
*Approximate Values			

1. What is the total energy per 30g serving without milk?

2. How much energy is in a 30g serving with 200ml cow's milk?

3. How much energy comes from fat in a 30g serving without milk?

4. What is the total fat in a 30g serving without milk?

5. How much saturated fat in a 30g serving without milk?

6. Amount of monounsaturated fatty acids in a 30g serving without milk?

7. Amount of polyunsaturated fatty acids in a 30g serving without milk?

8. Are there trans fatty acids? If so, how much?

9. What is the cholesterol content per 30g serving?

10. Total carbohydrates in a 30g serving without milk?