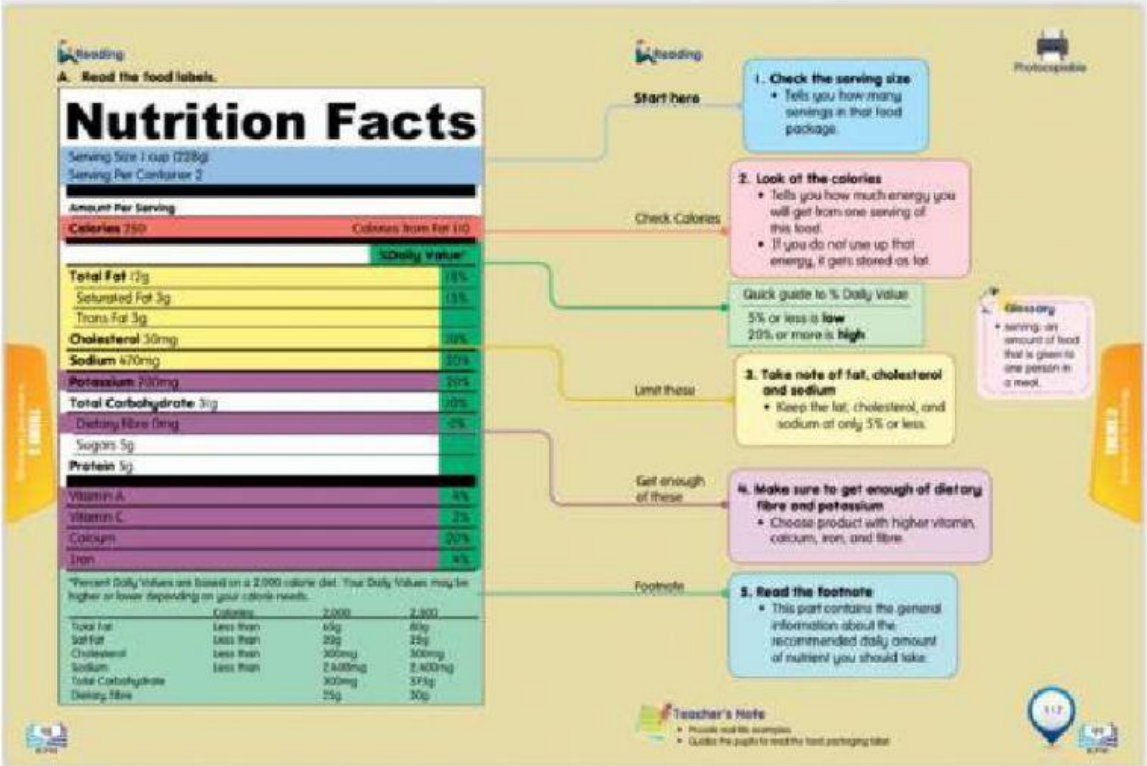
READING

Instructions : Read the notes about Nutrition Facts given. Fill in the blanks using the given number.



1 3 4 5 2

Read the footmate

Check the serving size

Take note of fat, cholesterol and medium

Look at the calories

Make sure to get enough of dietary fibre and potassium

LIVEWORKSHEETS