

<b>Reading Labels</b>	Reading
<b>Theme:</b> Health	<b>CLB 4</b>
<b>Topic:</b> Nutrition	<b>Competency:</b> Comprehending Information

Name :

Date :

Total: / 12 Pass: yes / no

Read the nutrition labels and answer the questions below.

A

<b>Nutrition Facts</b>	
Per container (175 g)	
Amount	% Daily Value*
<b>Calories 170</b>	
<b>Fat 4.5 g</b>	<b>7%</b>
Saturated Fat 3.5 g + Trans Fat 0 g	<b>18%</b>
<b>Cholesterol 10 mg</b>	
<b>Sodium 125 mg</b>	<b>5%</b>
<b>Carbohydrate 27 g</b>	<b>9%</b>
Fibre 0 g	<b>0%</b>
Sugars 26 g	
<b>Protein 6 g</b>	
Vitamin A 15 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

B

<b>Nutrition Facts</b>	
Per container (175 g)	
Amount	% Daily Value*
<b>Calories 130</b>	
<b>Fat 0.5 g</b>	<b>1%</b>
Saturated Fat 0.3 g + Trans Fat 0 g	<b>2%</b>
<b>Cholesterol 4 mg</b>	
<b>Sodium 125 mg</b>	<b>5%</b>
<b>Carbohydrate 26 g</b>	<b>8%</b>
Fibre 0 g	<b>0%</b>
Sugars 10 g	
<b>Protein 9 g</b>	
Vitamin A 8 %	Vitamin C 4 %
Calcium 25 %	Iron 0 %

Use **more** or **less** to fill in the blanks.

1. Yogurt A has \_\_\_\_\_ sodium and yogurt B has \_\_\_\_\_ calcium.
2. Yogurt B has \_\_\_\_\_ fat, but yogurt A has \_\_\_\_\_ calories.
3. Yogurt A has \_\_\_\_\_ vitamins and yogurt B has \_\_\_\_\_ cholesterol.

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4. They have the same amount of \_\_\_\_\_ .
  5. Which yogurt is more nutritious? \_\_\_\_\_
  6. How much yogurt is in 1 serving? \_\_\_\_\_
  7. Which yogurt is better for building and repairing muscle? \_\_\_\_\_
  8. Which yogurt would you purchase? Explain your answer. (2 marks)