Name：_____

Class：_____

Fill in the flow map with the steps on reading the food packaging label.

	→	→
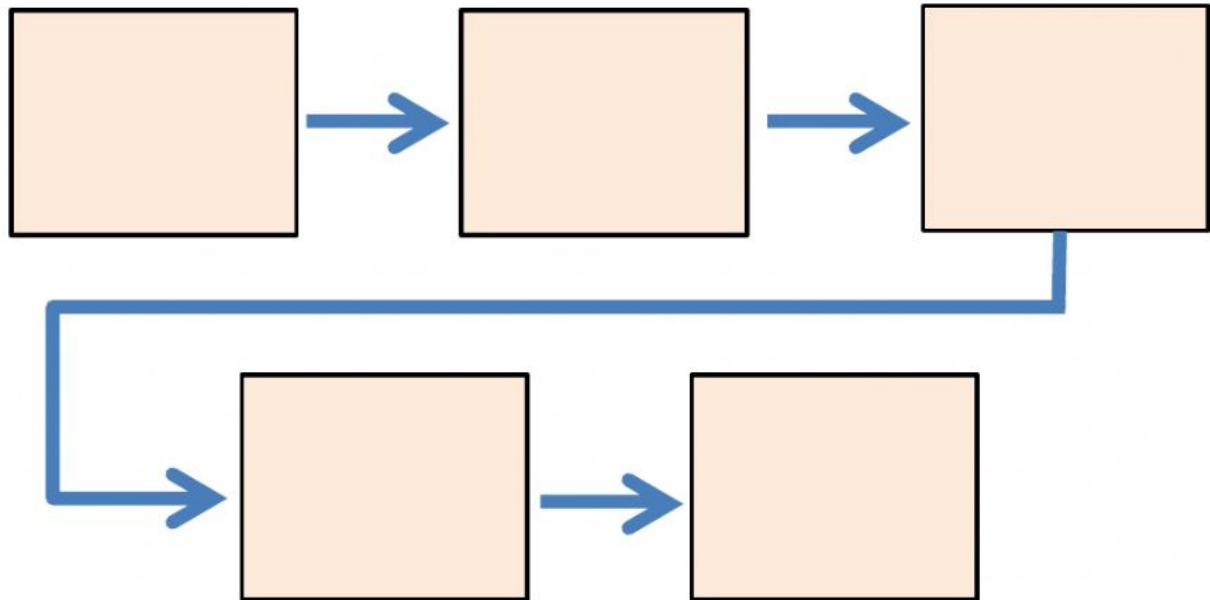
Look at the calories.

Make sure to get enough of dietary fibre and potassium.

Read the footnote.

Take note of fat, cholesterol and sodium.

Check the serving size.