1. Food labels on packages, cartons, and cans give us information about the foods we buy.
2. Are you worried about eating lots of chemicals?
3. You can read the list of ingredients.
4. People are often surprised by how many chemicals are in some products.
5. You should also read the label if you're afraid of eating something that you are allergic to.
6. If you're interested in eating healthily, you can find out how much salt, fat, etc., is in a product.
7. Don't buy it if you're not happy with it.
8. Are you curious about how to cook the product?
9. Read the instructions on the label.
10. If you're not sure about what a product is, you can look at the picture!

LIVEWORKSHEETS