LABEL

Name :	Class :

1.What is the purpose of making a label on the package?

2.What is the name of product ?



3.What is the ingredients of the picture below?



4.Why is the label important in a package?

5."Keep out of reach of children"

The sentence is meant.....users.

A.To warm
B.To stop
C.To offer
D.To help

LIVEWORKSHEETS

No 6-7

Candy Bar

Nutrition Facts

Serving size 1/2 (20 g)

Serving Per Container 2

Amount Per Serving

Calories	: 370 calories from fat 170	
% Daily Value *		
Total Fat	: 15 g	29%
Saturated Fat	: 12 g	60%
Cholesterol	: 15 mg	5%
Sodium	: 25 mg	10
Total Charbohidrat	: 45 g	15%
Dietary fiber	: 2 g	8%
Sugar	: 33 g	

6. What is the name of the product ?

A. Adam

B. Nutrition Facts

C. Serving Size

D. Candy Bar

7. From the label we know that the product contains ...saturated fat

A. high
B. low
C. small
D. little

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No 8-9

NUTRITION INFORMATION Serving per package:Avg 2/serving size: 30 g			Ingredients: Sugar, Cahsew, Milk Solid, Cocoa Mass, cocoa butter. Vegetable Fat, Emulsifier (322:Soy). Salt, Flavour
	Average quantity Per serving	Average quantity Per 100 g	
Energy	709 kJ (169 Cal)	2360Kj	
Protein	3,6 g	12,0 g	
Fat total	10,5 g	35, 9 g	
Saturated	4,8 g	15,9 g	
Carbohydrate	14,4 g	47,6g	
Sugars	11,9 g	39,6 g	
Sodium	45 mg	148 mg	

8. How much sodium does the product contain per 100 g?

A. 45 mg

B. 148 mg

C. 565 mg

D. 709 mg

9."Ingredients: sugar, cashew, milk solids...etc."

The underlined word means: .... Needed to make something.

A. The steps

B. The goals

C. The materials

D. The methods

10.Where is the label on the product usually located ?

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