Grade 11 **Health Science** **Worksheet**

Tick four things from the list below that you will find on a food label.

The list of ingredients	
The name of the person who packed the food	
The number of calories in one serving or in a packet	
The amount of micronutrients	
The time the food was bought at	
How much it cost the company to make the food	
Where the food was made/country of origin	

Look at the food label below and answer the questions.

Nutrition Facts

Servings Per Container 2

Serving Size 1 cup (228g)

Amount Per Serving

Calories 250

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	18%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

How many servings are in one container? .....

How many grams are in one serving? .....

What is the total weight of this item of food?.....

Nutrition Facts

Serving Size 1 cup (300g)
Serving per container 4

Amount per serving	
Calories 328	**Calories** from fat 50
	% Daily Value*
Total Fat 10%	30%
Saturated Fat 2.1%	13%
Trans Fat	
Cholesterol 70mg	24%
Sodium 210mg	13%

How many servings are in one container? .....

How many grams are in one serving? .....

What is the total weight of this item of food?.....

Look at the label below and calculate how many calories you would eat if you had 100g and 300g of the food. Write down your calculation in the space provided.

Nutrition Facts

Serving Size 1 cup (200g)
Servings per Container 4

Amount Per Serving	
Calories 300	Calories from Fat 110
	% Daily Value
Total Fat 12g	20%
Saturated Fat 4g	22%
Cholesterol 0mg	0%
Sodium 70mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 5g	
Vitamin A 5%	Vitamin C 0%
Calcium 10%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

100g

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300g

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