

### แบบทดสอบ

Directions: Use this food label to answer questions 1-4.

| Nutrition Facts                                                                                                                                                                                                                                  |           |                      |        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|--------|
| Serving Size: One Frank (45 g)                                                                                                                                                                                                                   |           |                      |        |
| Servings Per Container: 10                                                                                                                                                                                                                       |           |                      |        |
| Amount Per Serving                                                                                                                                                                                                                               |           |                      |        |
| Calories 45                                                                                                                                                                                                                                      |           | Calories from Fat 15 |        |
|                                                                                                                                                                                                                                                  |           | % Daily Value*       |        |
| Total Fat                                                                                                                                                                                                                                        | 15g       |                      | 2%     |
| Saturated Fat                                                                                                                                                                                                                                    | 1g        |                      | 5%     |
| Cholesterol                                                                                                                                                                                                                                      | 15mg      |                      | 5%     |
| Sodium                                                                                                                                                                                                                                           | 430mg     |                      | 18%    |
| Total Carbohydrate                                                                                                                                                                                                                               | 2g        |                      | 1%     |
| Dietary Fiber                                                                                                                                                                                                                                    | 0g        |                      | 0%     |
| Sugars                                                                                                                                                                                                                                           | 2g        |                      |        |
| Protein                                                                                                                                                                                                                                          | 5g        |                      |        |
| Vitamin A                                                                                                                                                                                                                                        | 0%        | Vitamin C            | 8%     |
| Calcium                                                                                                                                                                                                                                          | 0%        | Iron                 | 2%     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:                                                                                                               |           |                      |        |
|                                                                                                                                                                                                                                                  | Calories: | 2000                 | 2500   |
| Total Fat                                                                                                                                                                                                                                        | Less than | 65g                  | 80g    |
| Sat Fat                                                                                                                                                                                                                                          | Less than | 20g                  | 25g    |
| Cholesterol                                                                                                                                                                                                                                      | Less than | 300mg                | 300mg  |
| Sodium                                                                                                                                                                                                                                           | Less than | 2400mg               | 2400mg |
| Total Carbohydrate                                                                                                                                                                                                                               |           | 300g                 | 375g   |
| Dietary Fiber                                                                                                                                                                                                                                    |           | 25g                  | 30g    |
| Calories per gram:                                                                                                                                                                                                                               |           |                      |        |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                                                                                                                               |           |                      |        |
| INGREDIENTS: BEEF AND PORK, WATER, HYDROLYZED VEGETABLE PROTEIN, BEEF BROTH, POTASSIUM LACTATE, SALT, CORN SYRUP, DEXTROSE, HYDROLYZED MILK PROTEIN, FLAVORING, SMOKE FLAVORING, ASCORBIC ACID (VITAMIN C), OLEORESIN OF PAPRIKA, SODIUM NITRITE |           |                      |        |

- How many grams of franks (hot dogs) are there in this container?  
a. 10g      b. 45g  
c. 120g     d. 450g
- If you eat four servings of this product, how many calories of fat will you get?  
a. 45        b. 60  
c. 90        d. 120
- One serving of frank provides what percent of recommended fat intake for a person eating a 2,000 calorie diet?  
a. 65g  
b. 80g  
c. 85g  
d. 105g
- Which nutrient should you consume less than 5% DV?  
a. Carbohydrate  
b. Sodium  
c. Dietary Fiber  
d. Vitamin C

Direction: Use the information in the extract from a prescription to answer questions 5-6.

**Dosage:** 1 tablet twice daily with meals. Do not take more than 3 tablets in 24 hours.

**Caution:** This product may cause drowsiness. Keep out of reach of children.

5. How and how much of this medicine should you take?

- a. 1 tablet.
- b. 2 tablets.
- c. 2 tablets with each meal.
- d. 3 tablets every 24 hours.

6. What warning is given?

- a. The medicine will make you sick.
- b. You will need to get more medicine.
- c. You may feel tired and sleepy.
- d. This medicine will keep you awake.

Direction: Use the information in the Drug Facts Label to answer questions 7-10

| <b>Drug Facts*</b>                                                                                                                                                                                          |                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| <b>Active ingredients</b><br>Ibuprofen 200 mg                                                                                                                                                               | <b>Purpose</b><br>Pain relieves |
| <b>Uses</b> Temporary relief of headaches, toothaches, colds and backaches                                                                                                                                  |                                 |
| <b>Warnings</b><br>Do not use if you have allergies to pain reliever.                                                                                                                                       |                                 |
| <b>Directions</b><br>Adults and children 12 years and over: take 1 tablet every 4 to 6 hours but not more than 4 doses in 24 hours.<br>Do not give to children under 12.<br>Do not take more than directed. |                                 |

7. What does this medicine NOT treat?

- a. Headaches
- b. Backaches
- c. Toothaches
- d. Stomachaches

8. How many tablets should you take if you have allergies to pain reliever?

- a. No tablets
- b. One tablet
- c. Four tablets
- d. Six tablets

9. How many tablets a day should children under 12 take?

- a. No tablets
- b. One tablet
- c. Four tablets
- d. Six tablets

10. What is the dosage schedule that follows the direction?

- a. One dose every four hours
- b. One dose at 6:00 a.m. 10:00 a.m. 2:00 p.m. 6:00 p.m. 10:00 p.m.
- c. One dose at 7:00 a.m. 1:00 p.m. 5:00 p.m. and 9:00 p.m.
- d. One dose at 8:00 a.m. 11:00 a.m. 5:00 p.m. and 9:00 p.m.