



Reading Food Labels – Activity 2, Worksheet 1 – CLB 2-3

Nutrition Facts Table

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 200		
Fat / Lipides 3.5 g		5 %
Saturated / saturés 0.5 g + Trans / trans 0 g		3 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 1440 mg		60 %
Carbohydrate / Glucides 37 g		12 %
Fibre / Fibres 2 g		8 %
Sugars / Sucres 13 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A		4 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		8 %

PRODUCT OF CANADA/PRODUIT DU CANADA
PREPARED FOR/PRÉPARÉ POUR:
THE GREAT ATLANTIC & PACIFIC
COMPANY OF CANADA LTD.
TORONTO, CANADA M5W 1A6

1. How much is one serving? _____
2. How many calories are in one serving? _____
3. What country is this product from? _____

**Reading Food Labels – Activity 3, Worksheet 1 – CLB 2-3**

Use the Nutrition Facts Table from Activity 2, Worksheet 1 to fill in the chart below:



Per 1 cup (250 mL)		
Amount	Amount or How many ____ g or ____ mg	% Daily Value
Calories		
Fat		
Saturated + Trans		
Cholesterol		
Sodium		
Carbohydrate		
Fibre		
Sugars		
Protein		
Vitamin A	-----	
Vitamin C	-----	
Calcium	-----	
Iron	-----	

When you see the % Daily Value is **5% or less**, it is **a little**.

When you see the % Daily Value is **15% or more**, it is **a lot**.



Look at the % Daily Value Table: Write **a little** or **a lot** of.

1. There is _____ fat.
2. There is _____ sodium.
3. There is _____ fibre.