

NAMES

LABELS

A. Match the following labels with their meaning by dropping the meaning under the label!

















Get a free delivery for purchasing a item.

Pay half price by showing special shopping coupon

Pay only 25% using special shopping voucher

Buy one and pay the second items for only 50%.

Get free bracelet and free shipping for purchasing items this weekend

Get free one item each for purchasing clothes or shoes

Get bigger discount up to 40% as you buy more items

Get free items any time

NUTRITION FACTS

B. Read the food label below and answer the questions as follow!

Nutrition Facts	
1 servings per container	
Serving size	1 cookie (57g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 8g	5%
Vit. D 0mcg 0% • Calcium 16mg 0%	
Iron 2mg 10% • Potas. 61mg 0%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

U D

CHOCOLATE CHIP



INGREDIENTS: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **Protein Blend** (vital wheat gluten, pea protein, rice protein), **Semi-Sweet Chocolate Chips** (unsweetened chocolate, sugar, cocoa butter, dextrose, natural vanilla extract), **Inulin**, **Cane Sugar**, **Invert Sugar**, **Vegetable Glycerine**, **Palm Fruit Oil**, **Sunflower Lecithin** or **Canola Lecithin**, **Natural Flavor**, **Baking Soda**, **Salt**, **Xanthan Gum**, **Guar Gum**.

5g FIBER
PER COOKIE



220 Vitamin D Chocolate chip cookies Daily Value (DV) 4% Peanut Potassium 15%
three 22% Protein Blend one 11g two Wheat Flour plant-based 8g 35g
Chocolate chips Sodium Sugar Carbohydrate Cane sugar 5g 18% zero animals

This is the nutrition facts of _____.

The indicator to tell about how much a nutrient in a serving of food contributes to a daily diet is called as _____.

Four ingredients used to make the food are _____, _____, _____, _____.

The daily value of the fiber and saturated fat are _____ and _____.

There are 100 mg of _____ and 11g of _____ in this product.

This product has _____ calories.

This product has _____ vitamin and _____ minerals.

The cholesterol of 57gr cookies is _____.

The product consists of _____ of sugars and _____ of protein.

The protein is made from _____.