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1 point for each correct answer

Name _____

Class _____ NO._____ date_____



PART 1: FOOD LABEL VOCABULARY



BE A SMART BUYER, CHOOSE HEALTHY!

INSTRUCTION

Fill in the blanks with the correct words from Word Box.

WORD BOX

best before (BBE)	serving size	% Thai RDI	protein
no preservatives	energy	sodium	ingredients
sugars	servings per container		

1. The _____ of this soda is 1 cup (200 mL).
2. One big bottle of soda has 10 _____.
3. This instant noodle pack contains 1,760 mg of _____.
4. The total _____ in one pack of instant noodles is 320 kcal.
5. The sodium in this instant noodle accounts for 88% of the _____.
6. This soy milk drink contains 5 grams of _____ per box.
7. Wheat flour, palm oil, and salt are listed under the _____.
8. The date "01 06 2027" on the bottle shows the _____ date.
9. Drinking one bottle of vitamin drink gives you 9 grams of _____.
10. This watermelon drink is safe and healthy because it contains _____.

READ THE LABEL!

- CHECK THE FACTS!
- THINK BEFORE YOU BUY!
- CHOOSE WISELY!
- GOOD FOOD, GOOD YOU!





HEALTHY CHOICES, HAPPIER YOU!

Nutrition Facts & Consumer Safety

SMART CHOICES EVERY DAY!

LIVEWORKSHEETS