My score

Name _____

Class _____ NO._____ date_____

WORKSHEET1

GRAMMAR + FOOD LABEL

Target Grammar
Modal Verbs (should / should not) & Conjunctions (before, However, so, Overall)

Vocabulary Focus:
Serving Size, Servings Per Container, Nutrition Information, Ingredients, % Thai RDI, Best Before, Net Weight

LEVEL1 CONTROLLED PRACTICE
FDA RIGHTS & RULES CHECK

A Part A: Modal Verbs Practice

คำชี้แจง: เติมคำว่า should (ควร) หรือ should not (ไม่ควร) ลงในช่องว่างให้เหมาะสม

1. Potato chips contain high sodium, so we _____ eat them every day.
2. Fresh milk is high in calcium and protein. So, we _____ drink it for strong bones.
3. Instant noodles are high in sodium; we _____ add vegetables and eggs to make them healthier.

B Part B: Conjunctions Practice

คำชี้แจง: เลือกคำเชื่อมที่ถูกต้องในวงเล็บ

4. Wheat flour is listed in the ingredients [before / so] sugar.
5. High protein drink has 35g of protein. [However / Before], it contains 400 total calories per bottle.
6. Soda contains high sugar, [so / however] we should limit our daily intake.
7. [Overall / Before], fresh milk is a healthy choice for daily hydration.

LEVEL2 GUIDED PRACTICE
FDA LABEL INSPECTION

A Part A: Sentence Combining

คำชี้แจง: รวมประโยคเข้าด้วยกันโดยใช้คำเชื่อมและ Modal Verb ที่กำหนดให้ในวงเล็บ

EXAMPLE

Sentence A: Tom Yum Noodles contain 1,760 mg of sodium.
Sentence B: Consuming high sodium increases blood pressure.
Target: However / so / should not)

Answer: Tom Yum Noodles contain 1,760 mg of sodium. However, consuming high sodium increases blood pressure, so we should not eat it often.

1. Snack Jack Green Pea Snack is baked not fried. It contains 8g of total fat per serving.
(บังคับใช้: However / so / should not)
_____
_____
_____

2. Energy drink contains high caffeine. Children need to avoid drinking it.
(บังคับใช้: so / should not)
_____
_____
_____

B Part B: Master Pattern Gap-Filling

คำชี้แจง: เติมคำศัพท์จากฉลาก คำเชื่อม (before, However, so) และ Modal Verb (should / should not) ลงในช่องว่างให้สมบูรณ์

1. Vita Vitamin Drink has a Serving Size of (1) _____ (250 ml) and 1 Servings Per Container. According to the Nutrition Information, it contains Vitamin B6 (100% % Thai RDI). Water is listed in the Ingredients (2) _____ sugar. (3) _____, it contains 9g of sugars, (4) _____ we (5) _____ drink too many bottles a day. Always check the Best Before date!

2. Tom Yum Instant Noodles have a Serving Size of 1 pack (60 g). According to the Nutrition Information, it contains 1,760 mg of sodium (88% % Thai RDI). Wheat flour is listed in the Ingredients (1) _____ palm oil. (2) _____, eating too much sodium can cause high blood pressure, (3) _____ we (4) _____ consume it every day.

3. Soy Milk has 1 Servings Per Container (180 mL). Soy Milk (91%) is listed in the Ingredients (1) _____ sugar (4%). (2) _____, it contains 10g of sugar (4% % Thai RDI), (3) _____ we (4) _____ drink it in moderation for good health.

4. Sonami Prawn Crinkles has a Net Weight of 26 g. Wheat Flour (73.14%) is listed in the Ingredients (1) _____ prawns (10.00%). According to the Nutrition Information, it contains 170 mg of sodium (9% % Daily Value). (2) _____, it is non-fried, (3) _____ we (4) _____ still check the Best Before date before eating.

HEALTHY CHOICES, HAPPIER YOU!

Nutrition Labels & Health Advice

SMART CHOICES EVERY DAY!

LIVEWORKSHEETS