

READING

Instructions : Read the notes about Nutrition Facts given. Fill in the blanks using the given number.

Nutrition Facts
Serving Size 1 cup (238g)
Serving Per Container 2

Amount Per Serving		Calories from Fat 110
		% Daily Value*
Calories 750		
Total Fat 17g	34%	
Saturated Fat 3g	6%	
Trans Fat 3g		
Cholesterol 50mg	10%	
Sodium 470mg	10%	
Potassium 210mg	20%	
Total Carbohydrate 31g	10%	
Dietary Fibre 6g	12%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

*Percent Daily Values are based on a 

	Calories	2,000	2,400
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375g
Dietary Fibre		25g	30g

1. Check the serving size
• Tells you how many servings in that food package.

2. Look at the calories
• Tells you how much energy you will get from one serving of this food.
• If you do not use up that energy, it gets stored as fat.

3. Take note of fat, cholesterol and sodium
• Keep the fat, cholesterol, and sodium at only 5% or less.

4. Make sure to get enough of dietary fibre and potassium
• Choose product with higher vitamin, calcium, iron, and fibre.

5. Read the footnote
• This part contains the general information about the recommended daily amount of nutrient you should take.

Teacher's Note
• Provide real life examples.
• Guide the pupils to read the food packaging label.

1

3

4

5

2

Read the footnote

Check the serving size

Take note of fat, cholesterol and medium

Look at the calories

Make sure to get enough of dietary fibre and potassium