

Reading Labels	Reading
Theme: Health	CLB 5
Topic: Nutrition	Competency: Comprehending Information

Name : Date :

Total: / 12 Pass: yes / no

Read the nutrition labels and answer the questions below.

A

Nutrition Facts	
Per container (175 g)	
Amount	% Daily Value*
<b>Calories</b> 170	
<b>Fat</b> 4.5 g	7%
Saturated Fat 3.5 g	18%
+ Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	
<b>Sodium</b> 125 mg	5%
<b>Carbohydrate</b> 27 g	9%
Fibre 0 g	0%
Sugars 26 g	
<b>Protein</b> 6 g	
Vitamin A 15 %	Vitamin C 0 %
Calcium 20 %	Iron 0% 0 %

B

Nutrition Facts	
Per container (175 g)	
Amount	% Daily Value*
<b>Calories</b> 130	
<b>Fat</b> 0.5 g	1%
Saturated Fat 0.3 g	2%
+ Trans Fat 0 g	
<b>Cholesterol</b> 4 mg	
<b>Sodium</b> 125 mg	5%
<b>Carbohydrate</b> 26 g	8%
Fibre 0 g	0%
Sugars 10 g	
<b>Protein</b> 9 g	
Vitamin A 8 %	Vitamin C 4 %
Calcium 25 %	Iron 0% 0 %

Use **more** or **less** to fill in the blanks.

1. Yogurt A has \_\_\_\_\_ sodium and yogurt B has \_\_\_\_\_ calcium.
2. Yogurt B has \_\_\_\_\_ fat, but yogurt A has \_\_\_\_\_ calories.
3. Yogurt A has \_\_\_\_\_ vitamins and yogurt B has \_\_\_\_\_ cholesterol.

---

4. They have the same amount of \_\_\_\_\_.
5. Which yogurt is more nutritious? \_\_\_\_\_
6. How much yogurt is in 1 serving? \_\_\_\_\_
7. Which yogurt is better for building and repairing muscle? \_\_\_\_\_
8. Which yogurt would you purchase? Explain your answer. (2 marks)