

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*		
Calories 170			
Fat 4.5 g	7%		
Saturated Fat 3.5 g	18%		
+ Trans Fat 0 g			
Cholesterol 10 mg			
Sodium 125 mg	5%		
Carbohydrate 27 g	9%		
Fibre 0 g	0%		
Sugars 26 g			
Protein 6 g			
Vitamin A	15 %	Vitamin C	0 %
Calcium	20 %	Iron 0%	0 %

B

Nutrition Facts			
Per container (175 g)			
Amount	% Daily Value*		
Calories 130			
Fat 0.5 g	1%		
Saturated Fat 0.3 g	2%		
+ Trans Fat 0 g			
Cholesterol 4 mg			
Sodium 125 mg	5%		
Carbohydrate 26 g	8%		
Fibre 0 g	0%		
Sugars 10 g			
Protein 9g			
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.

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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)