

HEALTHY EATING



Food Labels

B. Read the labels and answer the questions.

SKIM MILK YOGURT NUTRITION INFORMATION	
Per 125 g Serving (1/2 cup)	
Energy	69 Cal 290 kJ
Protein	7.0 g
Fat	0.2 g
Ingredients	
Milk solids, gelatin, modified corn starch, active bacterial cultures.	
Keep refrigerated	

FRENCH ONION POTATO CHIPS 30% Less Fat than regular potato chips	
NUTRITION INFORMATION	
Per 38 g Serving	= Approx. 20 chips
Energy	139 Cal 580 kJ
Protein	2.3 g
Fat	6.2 g
Carbohydrates	19 g
Dietary Fibre	1.6 g
Sodium	144 mg
Potassium	372 mg
Percentage of Recommended Daily Intake	
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	3 %

1. Yogurt Label

- One serving of this yogurt is _____ grams or approximately _____ cup(s).
- One serving has _____ grams of protein.
- _____ is/are the ingredient(s) with the most weight.
- _____ is/are the ingredient(s) with the least weight.
- One cup of yogurt has _____ calories.
- This yogurt is made from _____ (homo, 2%, 1%, skim) milk.

2. Potato Chip Label

- One serving of French onion chips is _____ grams.
- About how many potato chips is this? _____
- One serving has _____ % less fat than regular chips.
- One serving has no vitamin _____ or _____.
- Two servings have _____ grams of carbohydrates.
- Two servings have _____ milligrams of sodium.
- The total amount by weight of sodium and potassium is _____ milligrams per serving.
- One serving of these chips has _____ % of the recommended daily intake of calcium.
- If a person eats two servings of these potato chips, how much more calcium does he or she need in order to have 100% of the daily recommended amount?

- Robert ate three servings of these potato chips while watching TV last night. He had _____ calories and _____ grams of fat.

Discussion

- How do food companies make their packaging more attractive in order to sell their product(s)?
- a. Have you ever bought a food because you liked the package? What kind of food?
b. Describe the package.