



## 8A(1) : On a diet

Here is a table found on a packet of food.

Typical values	Per 100g	Per 175g portion
Energy	258kJ/61kcal	452kJ/107kcal
Protein	2.0g	3.5g
Carbohydrate of which sugars	9.2g 3.5g	16.1g 6.1g
Fat of which saturates	1.8g 0.3g	3.2g 0.5g
Fibre	2.3g	4.0g

1 What are tables like this called? Tick the correct box.

- ☐ nutrition information tables ☐ food information tables  
☐ nutrient information tables ☐ vitamin information tables

2 a How many grams of carbohydrate do 100g of the food contain?

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b How many grams of protein do 200g of the food contain?

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What do we need nutrients for? Tick the correct boxes (there are at least two).

- ☐ growth and repair ☐ energy  
☐ health ☐ they taste nice

4 What nutrients are not listed for this food?

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