

Module: Food & Nutrition – Nutrition Facts
Competency: Reading CLB 3.3 – Getting Things Done
Task: Read nutritional labels, answer questions, and choose the best soup.

Soup A

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 150	
Fat 2.5 g	4 %
Saturated 1 g	5 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 25 g	8 %
Fibre 5 g	20 %
Sugars 7 g	
Protein 6 g	
Vitamin A 15 %	Vitamin C 6 %
Calcium 2 %	Iron 10 %

Soup B

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 160	
Fat 11 g	17 %
Saturated 2 g	10 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 1080 mg	45 %
Carbohydrate 13 g	4 %
Fibre 1 g	4 %
Sugars 2 g	
Protein 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 4 %

- Is the serving size the same or different? Same Different
- Which soup has more calories? Soup A Soup B
- Which soup has more fat? Soup A Soup B
- Which soup has more cholesterol? Soup A Soup B
- Which soup has more sodium? Soup A Soup B
- Which soup has more fibre? Soup A Soup B
- Which soup has more sugar? Soup A Soup B
- Which soup has more protein? Soup A Soup B
- Which soup has more Vitamin A? Soup A Soup B
- Which soup has more Vitamin C? Soup A Soup B
- Which soup has more iron? Soup A Soup B
- Which soup is the better choice? Soup A Soup B