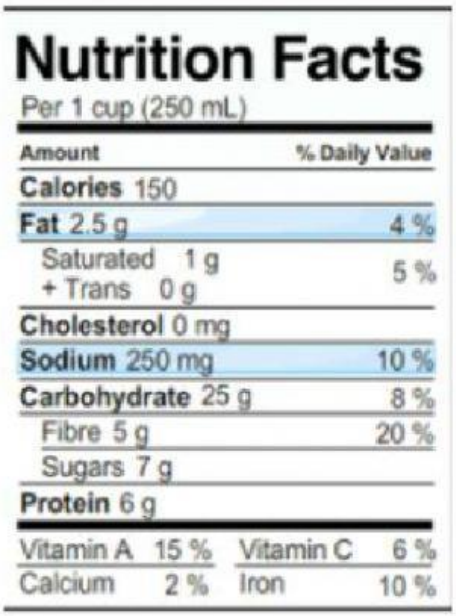
Module: Food & Nutrition – Nutrition Facts
Competency: Reading CLB 3.3 – Getting Things Done
Task: Read nutritional labels, answer questions, and choose the best soup.

Soup A



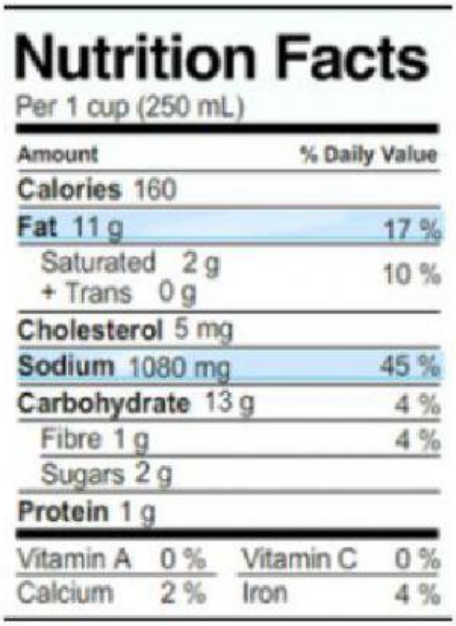
Nutrition Facts

Per 1 cup (250 mL)

Amount	% Daily Value
Calories 150	
Fat 2.5 g	4 %
Saturated 1 g + Trans 0 g	5 %
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 + Trans 0 g	10 %
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 %

1.	Is the serving size the same or different?	Same	Different
2.	Which soup has more calories?	Soup A	Soup B
3.	Which soup has more fat?	Soup A	Soup B
4.	Which soup has more cholesterol?	Soup A	Soup B
5.	Which soup has more sodium?	Soup A	Soup B
6.	Which soup has more fibre?	Soup A	Soup B
7.	Which soup has more sugar?	Soup A	Soup B
8.	Which soup has more protein?	Soup A	Soup B
9.	Which soup has more Vitamin A?	Soup A	Soup B
10.	Which soup has more Vitamin C?	Soup A	Soup B
11.	Which soup has more iron?	Soup A	Soup B
12.	Which soup is the better choice?	Soup A	Soup B

LIVEWORKSHEETS