

Tick four things from the list below that you will find on a food label.

The list of ingredients	
The name of the person who packed the food	
The number of calories in one serving or in a packet	
The amount of micronutrients	
The time the food was bought at	
How much it cost the company to make the food	
Where the food was made/country of origin	

Look at the food label below and answer the questions.



How many servings are in one container?

How many grams are in one serving?

What is the total weight of this item of food?

Nutrition Facts

Serving Size 1 cup (300g)

Serving per container 4

Amount per serving

Calories	Calories from fat	% Daily Value*
328	50	
Total Fat 10%	30%	
Saturated Fat 2.1%	13%	
Trans Fat		
Cholesterol 70mg	24%	
Sodium 210mg	13%	

How many servings are in one container?

How many grams are in one serving?

What is the total weight of this item of food?.....

Look at the label below and calculate how many calories you would eat if you had 100g and 300g of the food. Write down your calculation in the space provided.

Nutrition Facts	
Serving Size 1 cup (200g)	
Servings per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 110
	% Daily Value
Total Fat 12g	20%
Saturated Fat 4g	22%
Cholesterol 0mg	0%
Sodium 70mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 5g	
Vitamin A 5%	Vitamin C 0%
Calcium 10%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

100g

300g