

แบบทดสอบ

Directions: Use this food label to answer questions 1-4.

Nutrition Facts	
Serving Size: One Frank (45 g)	
Servings Per Container: 10	
Amount Per Serving	
Calories 45	Calories from Fat 15
% Daily Value*	
Total Fat 15g	2%
Saturated Fat 1g	5%
Cholesterol 15mg	5%
Sodium 430mg	18%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: BEEF AND PORK, WATER, HYDROLYZED VEGETABLE PROTEIN, BEEF BROTH, POTASSIUM LACTATE, SALT, CORN SYRUP, DEXTROSE, HYDROLYZED MILK PROTEIN, FLAVORING, SMOKE FLAVORING, ASCORBIC ACID (VITAMIN C), OLEORESIN OF PAPRIKA, SODIUM NITRITE	

- How many grams of franks (hot dogs) are there in this container?
a. 10g b. 45g
c. 120g d. 450g
- If you eat four servings of this product, how many calories of fat will you get?
a. 45 b. 60
c. 90 d. 120
- One serving of frank provides what percent of recommended fat intake for a person eating a 2,000 calorie diet?
a. 65g
b. 80g
c. 85g
d. 105g
- Which nutrient should you consume less than 5% DV?
a. Carbohydrate
b. Sodium
c. Dietary Fiber
d. Vitamin C

Direction: Use the information in the extract from a prescription to answer questions 5-6.

Dosage: 1 tablet twice daily with meals. Do not take more than 3 tablets in 24 hours.

Caution: This product may cause drowsiness. Keep out of reach of children.

5. How and how much of this medicine should you take?

- a. 1 tablet.
- b. 2 tablets.
- c. 2 tablets with each meal.
- d. 3 tablets every 24 hours.

6. What warning is given?

- a. The medicine will make you sick.
- b. You will need to get more medicine.
- c. You may feel tired and sleepy.
- d. This medicine will keep you awake.

Direction: Use the information in the Drug Facts Label to answer questions 7-10

Drug Facts*	
Active ingredients Ibuprofen 200 mg	Purpose Pain relieves
Uses Temporary relief of headaches, toothaches, colds and backaches	
Warnings Do not use if you have allergies to pain reliever.	
Directions Adults and children 12 years and over: take 1 tablet every 4 to 6 hours but not more than 4 doses in 24 hours. Do not give to children under 12. Do not take more than directed.	

7. What does this medicine NOT treat?

- a. Headaches
- b. Backaches
- c. Toothaches
- d. Stomachaches

8. How many tablets should you take if you have allergies to pain reliever?

- a. No tablets
- b. One tablet
- c. Four tablets
- d. Six tablets

9. How many tablets a day should children under 12 take?

- a. No tablets
- b. One tablet
- c. Four tablets
- d. Six tablets

10. What is the dosage schedule that follows the direction?

- a. One dose every four hours
- b. One dose at 6:00 a.m. 10:00 a.m. 2:00 p.m. 6:00 p.m. 10:00 p.m.
- c. One dose at 7:00 a.m. 1:00 p.m. 5:00 p.m. and 9:00 p.m.
- d. One dose at 8:00 a.m. 11:00 a.m. 5:00 p.m. and 9:00 p.m.