

Bahan Ajar dan Lembar Kerja Peserta Didik
Kelas IX: Label of Food/drink/medicine
SMPN 2 Banjarwangi - Kab. Garut

Name :

Class :

Let's watch the video.

LEMBAR KERJA PESERTA DIDIK

A. Choose the best answers for the following questions.

The following picture is for questions 1-4.



Ingredients: Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose. No Preservatives.

Nutrition Facts
Serving Size 1 oz. (28g) (About 10 crisps)
Servings Per Container 10

Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
Thiamin 4%	Niacin 6%
Vitamin B6 4%	Phosphorus 8%
Zinc 2%	

* Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Calories: 1,200 2,500	
Total Fat	Less than 65g 65g
Sat Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- What is the name of the product?

A. Nutrition facts
C. Baked Ruffles Original

B. Potato Crisps
D. Potatoes
- What is the brand of the product?

A. Nutrition facts
C. Baked Ruffles Original

B. Potato Crisps
D. Potatoes
- Which one is not the ingredients of the product?

A. Sugar
C. Corn oil

B. Soy lechitin
D. Flour
- The product does not contain.....

A. Iron
C. Sugar

B. Sodium
D. Zinc

The following picture is for questions 5-7.



5. How much is the content of the product?

- A. 170 g C. 150 g
B. 2 g D. 25 g

6. How is the storage of the product?

- A. Keep in the container
B. Keep in a glass
C. Keep in the hot place
D. Store in the refrigerator

7. What is yoplait?

- A. Mineral water B. Low fat yogurt C. Milk D. Strawberry

The following picture is for questions 8-10.



8. The product is to relieve.....

- A. cough C. fever
B. headache D. stomachache

9. How many times can adults consume this products every day?

- A. 10 times C. 12 times
B. 14 times D. 2 times

10. "Store below 25° C" means..... 25° C

- A. We must keep this product above 25° C. C. We must keep it under sun light.
B. We must keep this product under 25° C. D. We must keep it in the freezer

B. Match with parts of product

1

2

3

4

5

NOT FROM CONCENTRATE
NO PRESERVATIVES
NO ADDED SUGARS*
*Not a reduced calorie food. See nutrition facts for sugar & calorie content.

SHAKE BEFORE SERVING
 Juice naturally separates

KEEP REFRIGERATED
 USE UNEXPIRED PRODUCT WITHIN 7 DAYS OF OPENING

Exp date: 200622

have a plant
 fruitsandveggies.org

Barsotti Juice Co., Inc.
 An Apple Hill Farm
 Camino, CA 95709
 (530) 622-4629
 www.barsottijuice.com

64 fl oz (1/2 GAL.) 1.89L

Nutrition Facts
 8 servings per container
 Serving Size 8 FL.Oz (240mL)
 Amount Per Serving
Calories 110
% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	26g	9%
Dietary Fiber	0g	0%
Total Sugars	21g	
Includes 0g Added Sugars		0%
Protein	2g	4%
Vitamin D	0mcg	0%
Calcium	22mg	2%
Iron	0.3mg	2%
Potassium	347mg	8%
Vitamin C	62mg	70%

* % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Freshly Squeezed Oranges,
 Flash Pasteurized

Direction to use

Brand of product

Expired date

Direction to store

Net weight/content