Nama : Kelas :

LKPD : FOOD LABELS | NUTRITION FACTS

Please study this Food Labels to answer the questions !
Pelajarilah Label makanan ini untuk menjawab soal-soal !



Nutrition Facts

Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving

Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 10g	**3%**
Dietary Fiber Less than 1g	**3%**
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%

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: 2,000	2,500
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

How much trans fat would you take in after 3 servings?

- 0g
- 4g
- 2g
- 6g

LIVEWORKSHEETS

How much sodium would you take in after 2 servings?

- 140mg
- 120mg
- 400mg
- 352mg

How much dietary fiber is there?

- Less than 1g
- 2g
- 5g
- 10g

What is low in this food label?

- Saturated fat
- Total carbohydrate

How many calories are there from fat

- 15
- 20
- 10
- 5

LIVEWORKSHEETS

What would be the % of iron per 10 servings?



20%



10%



4%



40%

Is there any Vitamin B?



Yes?



No?

Is there any Iron?



Yes



No

What is the percentage of calcium?



0%



2%



4%



1%

LIVEWORKSHEETS

How many calories are there per 2 servings?



120



210



326



530

How much cholesteral is there?



0mg



3mg



10mg



7mg

Are there any grams of sugars?



Yes



No

How much sodium is there per serving?



70mg



80mg



20mg



7mg

LIVEWORKSHEETS

How many calories are in the whole thing?



1260



1620



1270



1430

What is the serving size?



2 crackers



1 cracker



3 crackers



9 crackers

How many servings are there?



21



19



12



32

LIVEWORKSHEETS

What is the % of total fat?

- 2%
- 20%
- none
- 3%

How many calories are there?

- 80
- 90
- 30
- 60

how are you feeling today






LIVEWORKSHEETS