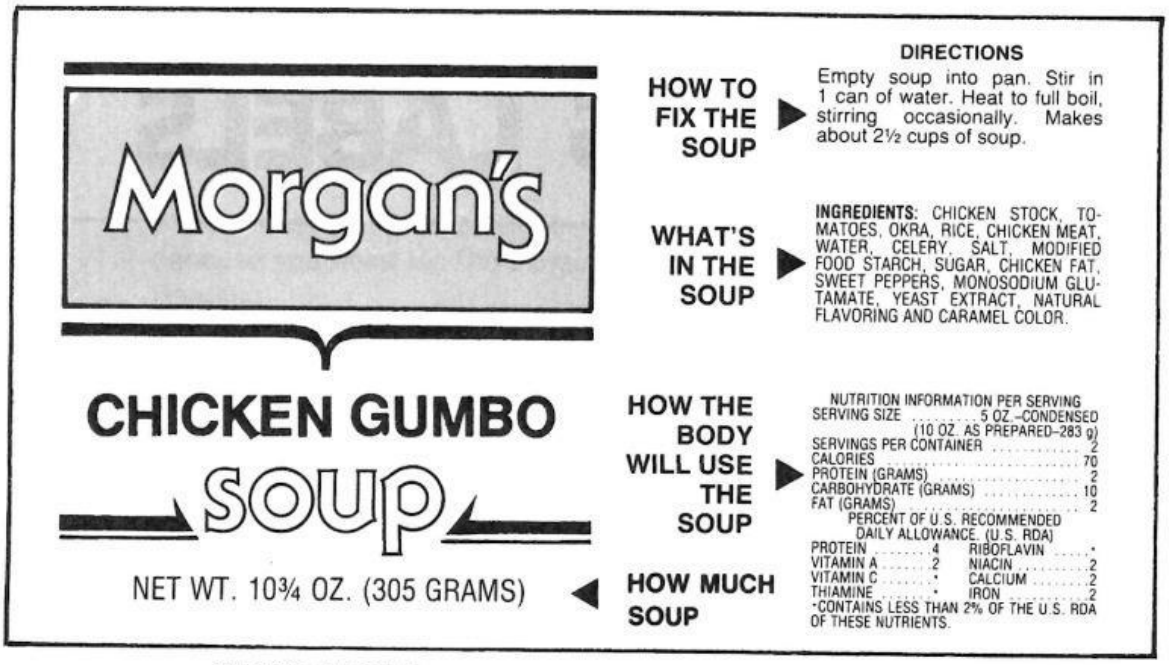
1. Food Labels

READ the label below.
NOTICE what kinds of information are on food labels.
STUDY the WORDS AND MEANINGS.
ANSWER the QUESTIONS.



FRONT OF CAN

BACK OF CAN

WORDS AND MEANINGS

ingredients—what a product contains or is made of

perishable—spoils easily

nutrition—the way the body takes in and uses food

calories—units of food energy. When you eat more calories than you need, you gain weight

net wt.—weight of what's inside the package

oz.—ounce

lb.—pound

gram—a weight in the metric system, about the weight of a paper clip

QUESTIONS

Check (✓) the box next to the correct answer.

1. What must you add before you heat the soup?
   - ☐ 1 can of milk
   - ☐ 1 can of water
   - ☐ nothing

2. Net wt. is the weight of
   - ☐ can plus food
   - ☐ food only

3. Tomatoes make Ethan sick. Read the list of ingredients in the soup above. Can Ethan eat this soup?
   - ☐ yes ☐ no

4. Marge wants to keep down the number of calories she eats. Which is better for her?
   - ☐ 1/2 cup of peas, about 30 calories
   - ☐ a serving of Morgan's Chicken Gumbo (Find the calories under Nutrition Information and compare)

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5. How many ounces of soup are in the can on the last page?

_____ounces

6. **UNIT PRICE LABELS** are sometimes on shelves under the food. They help you compare prices. Look at the unit price labels at the right. For 1 pound of soup, which brand costs less?

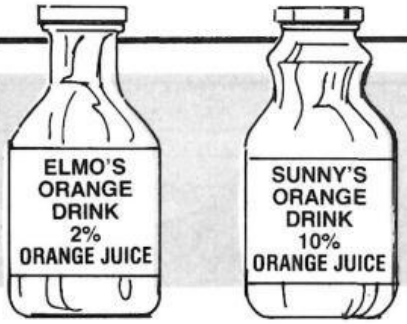
☐ Atlas ☐ Morgan's

COMPARE PRICES FOR 1 POUND OF SOUP

UNIT PRICE	YOU PAY	UNIT PRICE	YOU PAY
54.2¢ PER POUND	34¢	52.1¢ PER POUND	35¢
ATLAS SOUP		MORGAN'S SOUP	

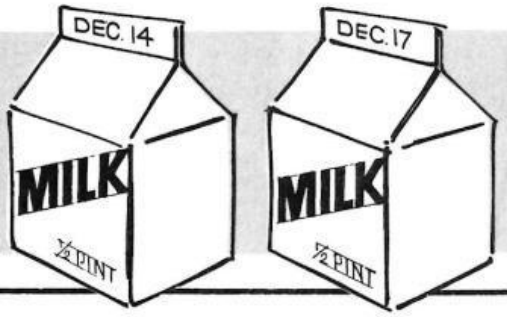
7. Which orange drink has more orange juice in it?

☐ Elmo's ☐ Sunny's



8. Sometimes milk is stamped with a date. The store shouldn't sell the milk after that date. The later the date, the fresher the milk. Which milk do you think is fresher?

☐ Dec. 14 ☐ Dec. 17

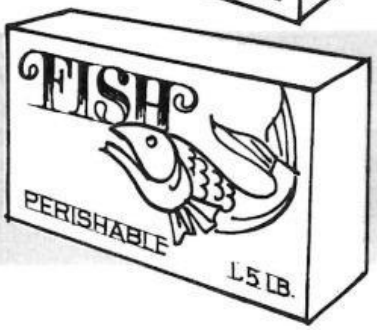


9. This chicken pie thawed when the electricity went off. Now the electricity is fixed. What should you do with the pie?

☐ eat it tonight for dinner
☐ put it back in the freezer

10. What can't you do with this fish?

☐ cook it right away
☐ leave it on the table overnight
☐ put it in the refrigerator



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