

NAMES

LABELS

A. Match the following labels with their meaning by dropping the meaning under the label!



Get a free delivery for purchasing a item.

Pay half price by showing special shopping coupon

Pay only 25% using special shopping voucher

Buy one and pay the second items for only 50%.

Get free bracelet and free shipping for purchasing items this weekend

Get free one item each for purchasing clothes or shoes

Get bigger discount up to 40% as you buy more items

Get free items any time

NUTRITION FACTS

B. Read the food label below and answer the questions as follow!

Nutrition Facts	
1 servings per container	
Serving size	1 cookie (57g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 8g	5%
Vit. D 0mcg 0%	• Calcium 16mg 0%
Iron 2mg 10%	• Potas. 61mg 0%

*The % 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.

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CHOCOLATE CHIP



INGREDIENTS: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Protein Blend (vital wheat gluten, pea protein, rice protein), Semi-Sweet Chocolate Chips (unsweetened chocolate, sugar, cocoa butter, dextrose, natural vanilla extract), Inulin, Cane Sugar, Invert Sugar, Vegetable Glycerine, Palm Fruit Oil, Sunflower Lecithin or Canola Lecithin, Natural Flavor, Baking Soda, Salt, Xanthan Gum, Guar Gum.

5G FIBER
PER COOKIE



220 Vitamin D Chocolate chip cookies Daily Value (DV) 4% Peanut Potassium 15%
three 22% Protein Blend one 11g two Wheat Flour plant-based 8g 35g
Chocolate chips Sodium Sugar Carbohydrate Cane sugar 5g 18% zero animals

This is the nutrition facts of _____

The indicator to tell about how much a nutrient in a serving of food contributes to a daily diet is called as _____.

Four ingredients used to make the food are _____, _____, _____, _____.

The daily value of the fiber and saturated fat are _____ and _____.

There are 100 mg of _____ and 11g of _____ in this product.

This product has _____ calories.

This product has _____ vitamin and _____ minerals.

The cholesterol of 57gr cookies is _____.

The product consists of _____ of sugars and _____ of protein.

The protein in made from _____.