

Components of a Product Label

The diagram illustrates the components of a product label for 'Breakfast Cereals'. The label features a bowl of cereal, a 'Low Fat' badge, and the product name 'Breakfast Cereals' with the flavor 'Mango, Walnut and Royal Jelly'. Below the name is a descriptive sentence: 'Low fat breakfast cereals contains mango pieces, walnuts and royal jelly'. The ingredients list includes whole grain wheat, corn, rolled oats, palm oil, aspartame, mango pieces, mango, mango juice, humectant (glycerol), barbacone, natural mango flavour, royal jelly, walnuts, minerals (Calcium carbonate, iron sulphate), vitamins (Vitamin C, Vitamin B6, Folic acid, Vitamin B12) and spices. The nutrition information table is as follows:

	Qty per Serving	Qty per 100g (or ml)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Total fat	g	g
Saturated fat	g	g
Carbohydrate	g	g
Sugar	g	g
Sodium	mg (mmol)	mg (mmol)

Additional components include a warning for phenylketonurics, a manufacturer's name (Brand Food Pty Ltd), a barcode, and a QR code. The net weight is 500g.

A label is a kind of short functional text that **refers to printed information** affixed on the outer package of products. The social function of a label is to give detail information about the products such as medicine, food, beverages, cosmetics, electronics, etc. The purpose of a label is to provide identification or information about an object, product, or item.

Do the exercise to get all the information of variety of products!

The following picture is for question 1 and 2.

Healthy Life Original 100% Whole Wheat Whole Grain Bread

Nutrition Facts		NO Bromate NO Hydrogenated Oil 0 Grams <i>Trans</i> Fats NO Saturated Fats NO Cholesterol	
Serving Size 2 Slices (41g) Servings Per Container 11		INGREDIENTS: WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.	
Amount Per Serving %DV 2 Slices 1 Slice		CONTAINS: WHEAT, SOY.	
Calories 70	Calories from Fat 5	LEWIS BAKERIES, INC. GENERAL OFFICES: EVANSVILLE, IN 47710	
Calories 35	Calories from Fat 0	Allergy Advisory: Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.	
% Daily Value*			
Total Fat 0g/0g	0% 0%		
Saturated Fat 0g/0g	0% 0%		
Trans Fat 0g/0g			
Polysaturated Fat 0g/0g			
Monounsaturated Fat 0g/0g			
Cholesterol 0mg/0mg	0% 0%		
Sodium 150mg/80mg	6% 3%		
Total Carbohydrate 15g/8g	5% 3%		
Dietary Fiber 5g/3g	20% 12%		
Sugars 2g/1g			
Protein 5g/2g			
Vitamin A 0% 0%	Vitamin C 0% 0%		
Calcium 10% 4%	Iron 4% 2%		
Thiamin 6% 4%	Riboflavin 2% 2%		
Niacin 8% 2%	Folic Acid 2% 0%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your actual needs.			
Calories: 2,000 2,500			
Total Fat	Less than 65g	80g	
Sat Fat	Less than 30g	35g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

While we make every effort to post the most current product nutrition facts and ingredients on this web site, your best source of product information is what is printed on the package you purchase.

- What is the purpose of the text?
 - To show the ingredients of a product.
 - To explain the superiority of a product.
 - To describe the nutrition fact of product.
 - To give detailed information about a product.
- From the text, we can conclude that the product....
 - is safe for all people
 - is good for our health
 - contains saturated fats
 - is made from wheat only

The following picture is for questions 3 and 4.

<p>Drug Facts (continued)</p> <p>Directions: FOR USE IN THE EAR ONLY. For adults and children, including toddlers and infants:</p> <ul style="list-style-type: none"> • remove tamper-evident seal from neck of bottle. • twist cap off bottle. • tilt head sideways. • squeeze plastic applicator to release 2-3 drops into ear (Applicator should not enter ear canal). • keep drops in ear by keeping head tilted or placing cotton in ear. • repeat as needed. Use when pain recurs. <p>Other information: Active ingredients are manufactured according to homeopathic principles and are therefore non-toxic and have no known side effects.</p> <p>Inactive ingredient: Vegetable glycerin</p> <p>Distributed by: Walgreen Co., 200 Walnut St., Deerfield, IL 60015-4815 © Walgreen Co. Walgreen Co.</p> <p>100% Satisfaction Guaranteed with all Walgreen Products or Your Money Back. www.walgreen.com</p> <p>Made in Switzerland</p>	<p>NDC 0283-9020-11</p> <p>HOMEOPATHIC Ear Pain Relief</p> <p>Relieves pain Safe for use with antibiotics</p> <p>Ear Drops</p> <p>Safe For All Ages</p> <p>Compare to SIMILASAN® Earache Relief™ ear drops active ingredients</p> <p>10ml / 0.33 fl oz</p> <p>ITEM 507683</p> <p>3 11917 10522 2</p> <p><i>Ear Pain Relief quickly stimulates the body's natural ability to relieve earache pain. The active ingredients work effectively with no known side effects and no known drug interactions.</i></p> <p><i>This product may be used alone or in conjunction with other OTC pain relievers or prescription antibiotics.</i></p> <p><i>For adults and children</i></p>	<p>Drug Facts</p> <p>Active Ingredients: _____ Purpose</p> <p>Chamomilla 10Xcalmative, pain reliever Mercurius solubilis 15X pain reliever Sulphur 12X pain reliever, anti-itch</p> <p>Uses: According to homeopathic principles, the active ingredients in this medication provide temporary relief from earache (ear pain) in children and adults due to:</p> <ul style="list-style-type: none"> • drafts • colds • flu • swimmer's ear <p>Warnings:</p> <ul style="list-style-type: none"> • For external use only. • A physician should be consulted about earache in children. • Initial exacerbation of symptoms may occur. • Keep this and all medicines out of the reach of children. • If swallowed, get medical help or contact a Poison Control Center right away. <p>Do not use:</p> <ul style="list-style-type: none"> • if you have ear drainage, discharge, irritation, a rash in the ear, or are dizzy; consult a doctor. • with ear tubes, after ear surgery or with damaged ear drums. <p>Stop use and ask a doctor if:</p> <ul style="list-style-type: none"> • symptoms persist for more than 48 hours. • there is discharge from the ear. • there is a fever of 102°F or greater.
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- Why does the writer write the label?
 - To tell us how to use the ear drops.
 - To show the content of the ear drops.
 - To inform about the use of the ear drops.
 - To give detailed information about the ear drops.
- What should people do before using the product?
 - Read the label carefully
 - See a doctor to consult
 - Check the use of the product
 - Use antibiotics for all ear pains

The following picture is for questions 5 and 6.

<p>ALL NATURAL</p> <p>POWERED BY BOTANICALS</p> <p>DIRECTIONS: SHAKE WELL. SPRAY ON. RUB IN. A LITTLE GOES A LONG WAY!</p> <p>Ingredients: Liquid Shea Butter (Shea butter esters) 70% Eucalyptus Lemon Essential Oil 30%</p> <p>Store in a cool dry place. For external use only. Discontinue use if rash occurs. Do not ingest.</p> <p>MADE IN USA</p> <p>Ozone Layer Deodorant, LLC Wilmington, NC 28401</p>	<p>ZERO BAD STUFF™</p> <p>ZERO</p> <p>INSECT REPELLENT</p> <p>WITH MOISTURIZING SHEA BUTTER</p> <p>100% ALL-NATURAL</p> <p>NO DEET</p> <p>1.25 oz / 38 ml</p>
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- What is the product used for?
 - To scent the room
 - To moisturize the skin
 - To repel insects from houses
 - To protect user from insects' bites
- From the label we know that....
 - the product is harmful to human skin
 - the product contains unnatural ingredients
 - we should stop using it when rash appears
 - we should keep the product in a warm place

The following picture is for questions 7 and 8.

Yoplait
original
strawberry

© 2012 Yoplait USA, Inc.
LOW FAT YOGURT
VITAMINS A & D
99% FAT FREE
GRADE A
K D

30071231103

170 CALORIES PER SERVING

6 OZ (170g)

Nutrition Facts	
Serving Size 1 container	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Sugars 26g	
Protein 5g	10%
Vitamin A 15% • Calcium 20%	
Vitamin D 20% • Phosphorus 15%	
Not a significant source of dietary fiber, vitamin C and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Strawberries, Modified Corn Starch, Nonfat Milk, Kosher Gelatin, Citric Acid, Tricalcium Phosphate, Colored with Carmine, Natural Flavor, Pectin, Vitamin A Acetate, Vitamin D₃.

DISTRIBUTED BY YOPLAIT USA, INC., 200700101, MPTC, MN 55404 USA
WITH ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS
Yoplait is a registered trademark of YOPLAIT USA, INC. (Yoplait) and Yoplait USA, Inc.
* Meets National Yogurt Association's criteria for low and active culture yogurt.

7. What is the label about?
 - A. Food
 - B. Vitamin
 - C. Beverage
 - D. Supplement
8. Why do you think we should consume the product?
 - A. It is healthy
 - B. It is zero fat
 - C. It contains vitamins
 - D. It has calcium

The following picture is for questions 9 and 10.

PINUX

Cough Mixture of formula 440 presented by PINUX

It is a great tasting syrup to help control your child's cough while shooting his or her throat. It relieves dry cough. Use medicine according to physician's instructions.

Children's Cough Syrup
75 ml
Exp date; 200621

Keep it in moderate temperature
Keep away from children

9. What is the brand name of the cough syrup?
 - A. Formula 440
 - B. PINUX
 - C. Cough Mixture
 - D. Children's Cough Syrup
10. What is the primary purpose of this medicine?
 - A. To control a child's fever
 - B. To relieve a dry cough
 - C. To soothe a sore throat
 - D. To treat a stomachache

The following picture is for questions 11 – 14.

Nutrition Facts
Serving Size 1 container (71g)

Amount Per Serving	
Calories 330 Calories from Fat 130	
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 1170mg	49%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 7g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 25%

* 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 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, CONTAINS LESS THAN 2% OF DRIED CARROT FLAKE, DRIED CORN, DRIED GREEN PEA MONOSODIUM GLUTAMATE, POWDERED CHICKEN, GLUCOSE, ONION POWDER, DRY SOY SAUCE (WHEAT, SOYBEAN, SALT), HYDROLYZED CORN AND SOY PROTEIN, MALTODEXTRIN, SPICE AND COLOR, GARLIC POWDER, CALCIUM SILICATE, SUGAR, POTASSIUM CARBONATE, SODIUM CARBONATE, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, RENDERED CHICKEN FAT, AUTOLYZED YEAST EXTRACT, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL AND ARTIFICIAL FLAVOR, TBHQ (PRESERVATIVE), SODIUM ALGINATE, AUTOLYZED TORULA YEAST EXTRACT.

CONTAINS WHEAT AND SOYBEAN.

NISSIN MANUFACTURED BY: NISSIN FOODS (USA) CO., INC. 2001 W. ROSECRANS AVE., GARDENA, CA 90249

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, EGG, PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.

CHICKEN Flavor
Recommended Cooking Directions

- Pull back lid to dotted line.
Fill cup to inside line with boiling water from kettle or microwave.
- Close lid and let stand for 3 minutes.
Stir well and enjoy.

Do Not Microwave.
Caution: Product is hot; please handle with care.
Do not purchase if cup is open or torn.

Cup Noodles.®
For the Very Best in Ramen Noodle Soup.®

www.nissinfoods.com

- How many calories are in one serving of this product?
 - 130
 - 330
 - 42
 - 14
- Which of the following allergens is NOT listed on the label?
 - Soy
 - Fish
 - Peanuts
 - Wheat
- What is the percentage of the daily value for sodium in one serving of this product?
 - 14%
 - 49%
 - 22%
 - 36%
- According to the recommended cooking directions, how long should you let the noodles stand after adding boiling water?
 - 1 minute
 - 3 minutes
 - 5 minutes
 - 2 minutes

The following picture is for questions 15 and 16.

INFORMASI NILAI GIZI (Nutrition Facts)

Takaran Saji 1 Kotak (200 ml)
 Serving Size 1 Pack (200 ml/6.76 fl.oz)
 Jumlah Sajian per Kemasan :x1
 Serving per Container : x1

JUMLAH PER SAJIAN (AMOUNT PER SERVING)
 Energi Total 90 kkal
 Total Energy 90 kcal
 Energi dari Lemak 20 kkal
 Energy from Fat 20 kcal

		%RNG/ %DV*
Lemak Total (Total Fat)	2.5 g	4 %
Lemak Jenuh (Sat. Fat)	1.5 g	9 %
Lemak Trans (Trans Fat)	0 g	0 %
Kolesterol (Cholesterol)	10 mg	4 %
Protein	7 g	12 %
Karbohidrat Total (Total Carbohydrate)	11 g	3 %
Natrium (Sodium)	105 mg	7 %
Kalium (Potassium)	350 mg	7 %

Vitamin A	25 %
Vitamin B1	25 %
Vitamin B2	20 %
Vitamin B3	15 %
Vitamin B5	10 %
Vitamin B6	20 %
Vitamin B12	35 %
Vitamin C	15 %
Vitamin D3	20 %
Vitamin K	8 %
Biotin	20 %
Kolin (Choline)	8 %
Kalsium (Calcium)	25 %
Zink (Zinc)	6 %
Magnesium	6 %
Fosfor (Phosphorus)	20 %
Selenium	8 %

* Persen RNG berdasarkan kebutuhan energi 2150 kkal. Kebutuhan energi Anda mungkin lebih tinggi atau lebih rendah.
 * Percent Daily Values are based on a 2150 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mengandung Inositol 15.6 mg, dan Klorida 206.6 mg per sajian.
 Contains Inositol 15.6 mg, and Chloride 206.6 mg per serving.

Komposisi: Susu Sapi Segar, Susu Skim Bubuk, Penstabil Nabati, Garam, Tanpa Pengawet.
Ingredients: Fresh Milk, Skim Milk Powder, Vegetable Stabilizer, Salt, Contains No Preservatives.

15. What product is the label about?
- Food for kids.
 - Dairy milk.
 - Low fat milk.
 - Cereal for kids.
16. From the text we know that ...
- The product contains vitamins.
 - The product contains mostly carbohydrate.
 - The amount of protein per serving is more than the sugars.
 - The daily value percentage of calcium is less than that of trans fat.

The following picture is for questions 17 and 18.

Barsotti
FAMILY JUICE CO.

100% JUICE

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

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

Hidden among the orchards and pines in the Sierra foothills of Northern California ... we handcraft our juices, ciders, and blends in small batches at our family ranch. Barsottis has been an Apple HillSM tradition since 1976!

Exp date: 200621

have a **plant**TM
fruitsandveggies.org

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

0 28165 00084 0 64 fl oz (1/2 GAL.) 1.89L

17. How many servings are in the entire container?
- A. 1
 - B. 8
 - C. 110
 - D. 64
18. What is the main ingredient of this juice?
- A. Flash Pasteurized
 - B. Sugar
 - C. Water
 - D. Freshly Squeezed Oranges

The following picture is for questions 19 – 20.

AUGMENTIN[®]

Tear along perforation

NSN 6505-01-340-0847

Directions for mixing:
Tap bottle until all powder flows freely. Add approximately 2/3 of total water for reconstitution **(total = 67 mL);** shake vigorously to wet powder. Add remaining water; again shake vigorously.

Dosage: See accompanying prescribing information.

Tear along perforation

*Keep tightly closed.
Shake well before using.
Must be refrigerated.
Discard after 10 days.*

125mg/5mL
NDC 0029-6085-39

AUGMENTIN[®]
**AMOXICILLIN/
CLAVULANATE POTASSIUM
FOR ORAL SUSPENSION**

When reconstituted, each 5 mL contains:
AMOXICILLIN, 125 MG,
as the trihydrate
CLAVULANIC ACID, 31.25 MG,
as clavulanate potassium

75mL (when reconstituted)

SB SmithKline Beecham

19. What is the concentration of this medication when it is reconstituted?
- A. 67 mg/mL
 - B. 125 mg/5 mL
 - C. 75 mL
 - D. 31.25 mg/5 mL
20. How many days after reconstitution should the medicine be discarded?
- A. 7 days
 - B. 10 days
 - C. 67 days
 - D. 5 days