

My score _____

Name _____
Class _____ NO. _____ date _____



WORKSHEET 1

GRAMMAR + FOOD LABEL

Target Grammar
Modal Verbs (should / should not) &
Conjunctions (before, However, so,
Overall)

Vocabulary Focus:
Serving Size, Servings Per Container,
Nutrition Information, Ingredients,
% Thai RDI, Best Before, Net Weight



LEVEL 1 CONTROLLED PRACTICE

FDA RIGHTS & RULES CHECK

Part A: Modal Verbs Practice

คำชี้แจง: เติมคำว่า should (ควร) หรือ
should not (ไม่ควร) ลงในช่องว่างให้เหมาะสม

- Potato chips contain high sodium, so we _____ eat them every day.
- Fresh milk is high in calcium and protein. So, we _____ drink it for strong bones.
- Instant noodles are high in sodium; we _____ add vegetables and eggs to make them healthier.

Part B: Conjunctions Practice

คำชี้แจง: เลือกคำเชื่อมที่ถูกต้องในวงเล็บ

- Wheat flour is listed in the ingredients [before / so] sugar.
- High protein drink has 35g of protein. [However / Before], it contains 400 total calories per bottle.
- Soda contains high sugar, [so / however] we should limit our daily intake.
- [Overall / Before], fresh milk is a healthy choice for daily hydration.



Part A: Sentence Combining

คำชี้แจง: รวมประโยคเข้าด้วยกันโดยใช้คำเชื่อมและ
Modal Verb ที่กำหนดให้ในวงเล็บ

EXAMPLE

Sentence A: Tom Yum Noodles contain 1,760 mg of sodium.

Sentence B: Consuming high sodium increases blood pressure.

Target: However / so / should not

Answer: Tom Yum Noodles contain 1,760 mg of sodium. However, consuming high sodium increases blood pressure, so we should not eat it often.

- Snack Jack Green Pea Snack is baked not fried. It contains 8g of total fat per serving.
(บังคับใช้: However / so / should not)

- Energy drink contains high caffeine. Children need to avoid drinking it.
(บังคับใช้: so / should not)



Part B: Master Pattern Gap-Filling

คำชี้แจง: เติมคำศัพท์จากกล่องคำเชื่อม (before, However, so)
และ Modal Verb (should / should not) ลงในช่องว่างให้สมบูรณ์



- Vita Vitamin Drink has a Serving Size of (1) _____ (250 ml) and 1 Servings Per Container. According to the Nutrition Information, it contains Vitamin B6 (100% % Thai RDI). Water is listed in the Ingredients (2) _____ sugar. (3) _____, it contains 9g of sugars, (4) _____ we (5) _____ drink too many bottles a day. Always check the Best Before date!

Tom Yum Instant Noodles have a Serving Size of 1 pack (60 g). According to the Nutrition Information, it contains 1,760 mg of sodium (88% % Thai RDI). Wheat flour is listed in the Ingredients (1) _____ palm oil. (2) _____, eating too much sodium can cause high blood pressure, (3) _____ we (4) _____ consume it every day.



- Soy Milk has 1 Servings Per Container (180 mL). Soy Milk (4%) is listed in the Ingredients (1) _____ sugar (4%). (2) _____, it contains 10g of sugar (4% % Thai RDI), (3) _____ we (4) _____ drink it in moderation for good health.



Sonami Prawn Crinkles has a Net Weight of 26 g. Wheat Flour (73.14%) is listed in the Ingredients (1) _____ prawns (10.00%). According to the Nutrition Information, it contains 170 mg of sodium (9% % Daily Value). (2) _____, it is non-fried, (3) _____ we (4) _____ still check the Best Before date before eating.



**Nutrition Labels &
Health Advice**

**SMART
CHOICES
EVERY DAY!**

LIVEWORKSHEETS