

My score

Name

Class NO. date

WORKSHEET

PART 1: DATA EXTRACTION

INSTRUCTIONS

Read the label and complete Tasks 1-10 (Type short answers or choose from options). คำสั่ง: อ่านฉลากสินค้า แล้วพิมพ์ตอบสั้นๆ หรือเลือกคำตอบข้อ 1-10

Tasks 1-10 List

1. Product Name:

2. Serving Size:

3. Total Calories:

4. Sodium Amount:

5. Fat Amount:

6. Sugar Amount:

7. Best Before Date (BBF):

8. Product Evaluation:

[Select Option ▼]

9. Storage Instruction:

[Select Option ▼]

10. Advice Action:

[Select Option ▼]



NUTRITION INFORMATION

Serving size: 1 box (180 ml)
Servings per container: 1

Amount per serving		% Thai RDI*
Energy	110 kcal	6%
Total Fat	5 g	8%
Trans Fat	0 g	-
Cholesterol	15 mg	5%
Protein	5 g	8%
Total Carbohydrate	12 g	4%
Total Sugars	9 g	-
Includes 0g Added Sugars	0 g	0%
Sodium	105 mg	5%

PERCENT THAI RDI*

Calcium	Vitamin D	Vitamin B2	Vitamin B12
20%	10%	15%	20%

INGREDIENTS:

Fresh Milk 100%
(Milk from Cow)

NUTRIENT BENEFIT CLAIMS



CALCIUM

• Builds strong bones and teeth



PROTEIN

• Helps build and repair body tissues



VITAMIN D

• Helps the body absorb calcium



VITAMIN B2

• Helps release energy from food



VITAMIN B12

• Supports red blood cell formation

ALLERGEN INFORMATION:

Contains Milk.



STORAGE & SAFETY INSTRUCTIONS:

- Keep refrigerated at 2°C - 6°C.
- Shake well before drinking.
- Do not consume if carton is swollen, damaged, or leaking.



2°C - 6°C

MANUFACTURED BY:
DAIRY PLUS CO., LTD.
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Scan for more information

PRODUCT OF THAILAND

CERTIFICATIONS & BATCH DETAILS



Thai FDA Reg. No.: 10-1-12345-5-0123

LOT NO.	MFG DATE	BEST BEFORE
25011501	15 JAN 2025	15 JAN 2026



HEALTHY CHOICES, HAPPIER YOU!

