

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

- Product Name: _____
- Serving Size: _____
- Total Calories: _____
- Sodium Amount: _____
- Fat Amount: _____
- Sugar Amount: _____
- Best Before Date (BBF): _____
- Product Evaluation: [Select Option ▼]
- Storage Instruction: [Select Option ▼]
- Advice Action: [Select Option ▼]



NUTRITION INFORMATION		
Serving Size : 1 box (180 mL)		
Servings per container : 1		
Amount per serving		% Thai RDI*
Total Energy	130 kcal	7%
Total Fat	6 g	9%
Saturated Fat	2 g	10%
Cholesterol	0 mg	0%
Protein	5 g	
Total Carbohydrate	13 g	4%
Dietary Fiber	1 g	3%
Sugar	10 g	4%
Sodium	70 mg	4%
VITAMINS		
Vitamin A	15%	
Vitamin B1 (Thiamin)	15%	
Vitamin B2 (Riboflavin)	10%	
Calcium	2%	
Iron	4%	
Vitamin B12	25%	
Vitamin K	25%	
Iodine	25%	
Folate	20%	
Pantothenic Acid	20%	
Vitamin E	20%	
Vitamin B6	20%	
Selenium	15%	
Niacin	15%	
Biotin	15%	
Magnesium	10%	
Phosphorus	10%	

MIX Board
FSC FSC® C014047

PROTECTS WHAT'S GOOD

INGREDIENTS

Soy Milk	91%
Sugar	
Japanese Rice Germ	1.4%
Palm Oil	0.7%
Soybean Oil	0.4%
Coconut Oil	0.3%
Vitamins and Mineral Premix	0.01%
Stabilizer (INS 407, INS 460(i), INS 464), Emulsifier (INS 471)	
Artificial Flavor Added	

Blended with Japanese rice germs which may have sediment naturally that is not harmful to health.

Manufactured by
99 M.7 Phaholyothin Rd.,
Khlong Nueng, Khlong Luang,
Pathum Thani 12120 Thailand

60-1-05841-2-0075

PRODUCT OF THAILAND

MFG : 01 06 2026
BBF : 01 06 2027

8 853002 301857

Customer Care
0-2023-4567

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Consumer Hotline : Tel. 0-2881-2222
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