

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 FACTS		
Serving size: 1/3 tub (150 g)		
Servings per container: 3		
Amount per serving		% Thai RDI*
Energy	190 kcal	10%
Total Fat	9 g	14%
Saturated Fat	6 g	30%
Trans Fat	0 g	0%
Cholesterol	25 mg	8%
Protein	6 g	12%
Total Carbohydrate	20 g	7%
Total Sugars	17 g	-
Sodium	50 mg	2%

PERCENT THAI RDI*		
Potassium	250 mg	7%
Vitamin B2	0.28 mg	20%
Calcium	150 mg	15%

*Percent Thai Recommended Daily Intake (Thai RDI)

INGREDIENTS

Yogurt 80%, Triple Berry Preparation 20% (Strawberry, Blueberry, Raspberry, Sugar), Cultured Bacteria, INS 330 (Citric Acid), INS 1442 (Modified Starch)

ALLERGEN INFORMATION

Contains Milk.

STORAGE & SAFETY INSTRUCTIONS

- Keep refrigerated at 2°C–8°C.
- Once opened consume within 48 hours.
- Do not consume if safety seal is broken.

MANUFACTURER

CP-Meiji Co., Ltd.
99 Moo 1, Mittraphap Road,
Muak Lek, Saraburi 18180, Thailand.
Product of Thailand.



Thai FDA Reg. No.
19-1-11033-5-0118



MFG / BEST BEFORE:
Printed on lid