

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 ▼]



HEALTHY
CHOICES,
HAPPIER
YOU!

INSTANT NOODLES TOM YUM FLAVOUR

A delicious instant noodle with authentic Tom Yum flavour. Spicy, sour, and fragrant. Ready in just 2 minutes!

INGREDIENTS

Noodles	
Wheat Flour	53.00%
Palm Oil	19.50%
Modified Tapioca Starch	8.00%
Salt	6.00%
Sugar	4.00%
Minerals	2.70%
Leavening Agent (INS 500(ii))	0.70%
Antioxidant (INS 319)	0.30%
Seasoning Powder	
Salt	18%
Sugar	12%
Chili Powder	13%
Vegetable Powder	12%
Garlic Powder	12%
Lemongrass Powder	12%
Acid (INS 330)	5%
Flavour Enhancer (INS 621)	3%
Other Ingredients	3%



Allergen Information :

Contains wheat and soybean. Produced in a facility that also handles crustacean, fish, and soybean.

MFG : 22 28 4F
BBF : 22 28 4F



PRODUCT OF THAILAND

Nutrition Information

Serving Size : 1 pack (60 g)		
Servings per container : 1		
Amount per serving		% Thai RDI*
Energy	320 kcal	16%
Total Fat	12 g	18%
Protein	8 g	13%
Total Carbohydrate	39 g	13%
Sugars	5 g	
Sodium	1,760 mg	88%

*Percent Thai RDI are based on a 2,000 kcal diet.

HOW TO PREPARE

1. Boil 2 cups (400 ml) of water.
2. Add noodles and seasoning.
3. Cook for 2 minutes, stir well and serve.



STORAGE

Store in a cool, dry place. Avoid direct sunlight.

Manufactured and Distributed by :
QUALITY FOODS CO., LTD.
42/1 Moo 2, Phetkasem Road,
Tambon Om Noi, Amphoe Krathum Baen,
Samut Sakhon 73160, Thailand
Tel. 02-811-5101-6 Fax. 02-811-4989
Customer Service : 1-800-999-333

Customer Care
0-2023-4567

