

READING

Instructions : Read the notes about Nutrition Facts given. Fill in the blanks using the given number.

Reading
A. Read the food labels.

1. Check the serving size
• Tells you how many servings in that food package.

2. Look at the calories
• Tells you how much energy you will get from one serving of this food.
• If you do not use up that energy, it gets stored as fat.

3. Take note of fat, cholesterol and sodium
• Keep the fat, cholesterol, and sodium at only 5% or less.

4. Make sure to get enough of dietary fibre and potassium
• Choose product with higher vitamin, calcium, iron, and fibre.

5. Read the footnote
• This part contains the general information about the recommended daily amount of nutrient you should take.

Quick guide to % Daily Value
5% or less is **low**
20% or more is **high**

Glossary
• serving: an amount of food that is given to one person in a meal.

Teacher's Note
• Provide real-life examples.
• Guide the pupils to read the food packaging label.

	Calories	2,000	2,500
Total Fat	Less than	40g	49g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375g
Dietary Fibre		25g	30g

1

3

4

5

2

Read the footnote

Check the serving size

Take note of fat, cholesterol and sodium

Look at the calories

Make sure to get enough of dietary fibre and potassium