

LABEL

Name :

Class :

1.What is the purpose of making a label on the package?

2.What is the name of product ?



3.What is the ingredients of the picture below?



4.Why is the label important in a package?

5."Keep out of reach of children"

The sentence is meant.....users.

- A.To warm
- B.To stop
- C.To offer
- D.To help



No 6-7

Candy Bar

Nutrition Facts

Serving size 1/2 (20 g)

Serving Per Container 2

Amount Per Serving

Calories : 370 calories from fat 170

% Daily Value *

Total Fat : 15 g 29%

Saturated Fat : 12 g 60%

Cholesterol : 15 mg 5%

Sodium : 25 mg 10

Total Charbohidrat : 45 g 15%

Dietary fiber : 2 g 8%

Sugar : 33 g

6. What is the name of the product ?

A. Adam

B. Nutrition Facts

C. Serving Size

D. Candy Bar



7. From the label we know that the product contains ...saturated fat

A. high

B. low

C. small

D. little



No 8-9

NUTRITION INFORMATION			Ingredients: Sugar, Cahsew, Milk Solid, Cocoa Mass, cocoa butter. Vegetable Fat, Emulsifier (322:Soy). Salt, Flavour
Serving per package:Avg 2/serving size: 30 g			
	Average quantity Per serving	Average quantity Per 100 g	
Energy	709 kJ (169 Cal)	2360Kj	
Protein	3,6 g	12,0 g	
Fat total	10,5 g	35, 9 g	
Saturated	4,8 g	15,9 g	
Carbohydrate	14,4 g	47,6g	
Sugars	11,9 g	39,6 g	
Sodium	45 mg	148 mg	

8. How much sodium does the product contain per 100 g?

- A. 45 mg
- B. 148 mg
- C. 565 mg
- D. 709 mg

9. "Ingredients: sugar, cashew, milk solids...etc."

The underlined word means: Needed to make something.

- A. The steps
- B. The goals
- C. The materials
- D. The methods

10. Where is the label on the product usually located ?