

Text for questions no. 1-2

**Low Fat**

# Breakfast Cereals

*Mango, Walnut and Royal Jelly*

Low fat breakfast cereals contains mango pieces, walnuts and royal jelly

	Qty per Serving	Qty per 100g (or ml)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Total fat	g	g
Saturated fat	g	g
Carbohydrate	g	g
Sugar	g	g
Sodium	mg (mmol)	mg (mmol)
(insert any other nutrient or biologically active substance to be declared)	g, mg, ug (or other units as appropriate)	g, mg, ug (or other units as appropriate)

**INGREDIENTS:**  
Whole grain wheat, corn, rolled oats, palm oil, aspartame, mango pieces [mango, mango juice, humectant (glycerol), tartrazine, natural mango flavour], royal jelly, walnuts, minerals (Calcium carbonate, iron sulphate), vitamins (Vitamin C, Vitamin B6, Folic acid, Vitamin B12) and spices.

**PHENYLKETONURICS:**  
CONTAINS PHENYLALANINE

**WARNING - THE PRODUCT MAY NOT BE SUITABLE FOR ASTHMA AND ALLERGY SUFFERERS.**

**USE BY:** 01/12/2010

**Manufactured By:**  
Brand Food Pte Ltd  
18 Food Safety Road  
Singapore 129456

Product of Singapore

NET WEIGHT: 500g

1. What is the topic of the text?

- A. Explaining how to store the product
- B. Informing details of the product
- C. Telling the way to consume the product
- D. Describing the ingredients of the product

2. What is the purpose of the text?

- A. To give detailed information about the product.
- B. To describe what the breakfast cereals are.
- C. To share the kind of cereals you can buy.
- D. To know the advantage of the product.

Text for questions no. 3-5

Spicy Chicken Soup			
<b>NUTRITION FACTS</b>			
Serving Size 1 container (64 g)			
Amount per serving			
<b>Calories 300</b>	Calories from Fat 130		
	<b>% Daily Value*</b>		
<b>Total fat 14 g</b>	23%		
Saturated Fat 7g	35%		
<b>Cholesterol 0 mg</b>	0%		
<b>Sodium 1,120mg</b>	47%		
<b>Total Carbohydrate 33g</b>	3%		
Dietary Fibre 3g			
Sugar 2g			
<b>Protein 6 g</b>			
Vitamin A 15%	Vitamin B 5%		
Calcium 2%	Vitamin C 0%		
Percent Daily Values are based on a 2,000 calorie diet.			
Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300	300 mg
Sodium	Less than	mg	2,400 mg
Total Carbohydrate		2,400	375 g
Dietary Fibre		mg	30 g
		560 g	
		25 g	

3. What is the name of the product?

- A. Spicy Chicken Soup.
- B. Spicy Chicken.
- C. Nissin Foods.
- D. Gardena.

4. How many vitamins does the product contain?

- A. One.
- B. Four.
- C. Three.
- D. Two.

5. "Take exactly as directed. Do not alter..."

What is the meaning of the underlined word?

- A. Change.
- B. Take.
- C. Give.

D. Put.

Text for questions no. 6-8



**Baked!**  
**Ruffles**  
Original  
NATURALLY BAKED  
POTATO CRISPS

**Ingredients:** Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose.  
No Preservatives.

Nutrition Facts	
Serving Size 1 oz. (28g/About 10 crisps)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 2g	6%
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
Thiamin 4%	Niacin 6%
Vitamin B6 4%	Phosphorus 8%
Zinc 2%	

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

6. What is the most percentage of the ingredients in the product?

- A. Phosphorus.
- B. Vitamin C.
- C. Calcium.
- D. Niacin.

7. "No Preservatives."

The word "preservatives" means ....

- A. an additive used to protect against decay, discoloration, or spoilage
- B. a coloring artificial to make the product more beautiful
- C. a flavor additives to get the nicer food taste
- D. an emulsifier to make the product soft

8. From the text we can conclude that the product is kind of ....

- A. crackers

- B. bread
- C. nuts
- D. jam

**Text for question No. 9**

<b>Nutrition Facts</b>	
Serving size: 1 oz (28 g)	
Servings per container 20	
Amount per serving	
Calories 45	Calories
from fat 0	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 220 mg	9%
<b>Total Carbohydrate</b> 10 g	3%
Sugars 10 g	
Protein 0 g	
Vitamin A 4%	
Vitamin C 6%	
Iron 2%	
Not a significant source of saturated fat, dietary fiber, and calcium	
Percent Daily Values are based on a 2,000 calorie diet.	
MANUFACTURED FOR: MAMA SAYS CO San Clemente, CA 92673	

9. The product is useful for those who....

- A. want to buy cooking wares
- B. want to cook
- C. are on diet
- D. are travelling

10. Whom is the product beneficial for?

- A. Thinkers.
- B. Sportsmen.
- C. Patients.
- D. Nurses.