

Nama :

Kelas :

LKPD : FOOD LABELS | NUTRITION FACTS

Please study this Food Labels to answer the questions !
Pelajarilah Label makanan ini untuk menjawab soal-soal !

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60 Calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* 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 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

How much trans fat would you take in after 3 servings?

-  0g
-  4g
-  2g
-  6g

How much sodium would you take in after 2 servings?

 140mg

 120mg

 400mg

 352mg

How much dietary fiber is there?

 Less than 1g

 2g

 5g

 10g

What is low in this food label?

 Saturated fat

 Total carbohydrate

How many calories are there from fat

 15

 20

 10

 5

What would be the % of iron per 10 servings?

 20%

 10%

 4%

 40%

Is there any Vitamin B?

 Yes?

 No?

Is there any Iron?

 Yes

 No

What is the percentage of calcium?

 0%

 2%

 4%

 1%

How many calories are there per 2 servings?



120



210



326



530

How much cholesterol is there?



0mg



3mg



10mg



7mg

Are there any grams of sugars?



Yes



No

How much sodium is there per serving?



70mg



80mg



20mg



7mg

How many calories are in the whole thing?

 1260

 1620

 1270

 1430

What is the serving size?

 2 crackers

 1 cracker

 3 crackers

 9 crackers

How many servings are there?

 21

 19

 12

 32

What is the % of total fat?



How many calories are there?



how are you feeling today

