



Reading Food Labels – Activity 2, Worksheet 1 – CLB 2-3

Nutrition Facts Table



1. How much is one serving? _____
2. How many calories are in one serving? _____
3. What country is this product from? _____

**Reading Food Labels – Activity 3, Worksheet 1 – CLB 2-3**

Use the Nutrition Facts Table from Activity 2, Worksheet 1 to fill in the chart below:



Per 1 cup (250 mL)		
Amount	Amount or How many ____ g or ____ mg	% Daily Value
Calories		
Fat		
Saturated + Trans		
Cholesterol		
Sodium		
Carbohydrate		
Fibre		
Sugars		
Protein		
Vitamin A	-----	
Vitamin C	-----	
Calcium	-----	
Iron	-----	

When you see the % Daily Value is **5% or less**, it is **a little**.

When you see the % Daily Value is **15% or more**, it is **a lot**.



Look at the % Daily Value Table: Write **a little** or **a lot** of.

1. There is _____ fat.
2. There is _____ sodium.
3. There is _____ fibre.