Canada's Food Guide – Task 1: Skill-Building Activity 2, Worksheet 3– CLB 3 Only

Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 110	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %

When you buy packaged food, **read the Nutrition Facts.** Use the % **Daily Value (DV)** to see how much 1 serving has.

- **5 % or less is a little**
- **15% or more is a lot**

Fibre is good for you. Check the Nutrition Facts on foods like crackers and cereal. Use the % DV to find ones with **more fibre**.

Fibre	5g	20%

Eating too much **sodium** can give you heart problems. Packaged food, processed food and fast foods are high in sodium. Use the % DV to look for foods with **less sodium**.

Sodium	230mg	10%

Sugar is in fruits, vegetables and dairy foods. Sugars can also be added to processed foods. Too much added sugar can give you health problems and holes in your teeth. Use the % DV to look for foods with **less sugar.**

Sugars	4g	4%

Fat is important for your health. Choose foods with mostly healthy fats (unsaturated) and less saturated or trans fats. Use the % DV to look for foods with **less saturated and trans fats**.

Fat 4 g		5%
Saturated + Trans 0 g	0.5g	3%

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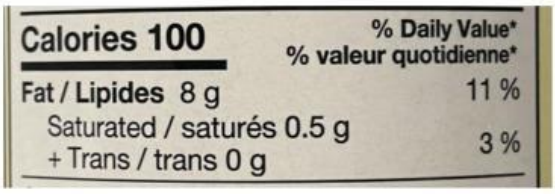
Part A: Put a check mark ✓ beside the things we want more of. Put an ✗ beside the things we want to have less of.

Nutrition Facts	
Saturated and Trans Fats	
Sodium	
Fibre	
Sugar	

Part B: Look at the labels. Answer the questions about the fats.

Peanut Butter



Calories 100	% Daily Value* / % valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %

a. How much total fat? _____

b. How much saturated fat? _____

c. How much healthy fat? _____

(Total fat – Saturated/Trans fat)

Coconut Milk

Calories 170	% Daily Value* / % valeur quotidienne*
Fat / Lipides 17 g	23 %
Saturated / saturés 14 g + Trans / trans 0 g	70 %

a. How much total fat? _____

b. How much saturated fat? _____

c. How much healthy fat? _____

(Total fat – Saturated/Trans fat)

Part C: Circle the correct answer.

A. What food has **more saturated fat**? **Peanut Butter** **Coconut Milk**

B. What food has **more healthy fat**? **Peanut Butter** **Coconut Milk**

C. What food is **healthier** to eat? **Peanut Butter** **Coconut Milk**

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