

.....
1 point for each correct
answer

Name
Class NO..... date.....

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PART 1: FOOD LABEL VOCABULARY

BE A SMART BUYER, CHOOSE HEALTHY!

INSTRUCTION



Fill in the blanks with the correct words
from Word Box.



WORD BOX

best before (BBE)	serving size	% Thai RDI	protein
no preservatives	energy	sodium	ingredients
sugars	servings per container		

READ THE LABEL!



CHECK
THE FACTS!



THINK
BEFORE
YOU BUY!



CHOOSE
WISELY!



GOOD FOOD,
GOOD YOU!

1. The of this soda is 1 cup (200 mL).
2. One big bottle of soda has 10
3. This instant noodle pack contains 1,760 mg of
4. The total in one pack of instant noodles is 320 kcal.
5. The sodium in this instant noodle accounts for 88% of the
6. This soy milk drink contains 5 grams of per box.
7. Wheat flour, palm oil, and salt are listed under the
8. The date "01 06 2027" on the bottle shows the date.
9. Drinking one bottle of vitamin drink gives you 9 grams of
10. This watermelon drink is safe and healthy because it contains



HEALTHY
CHOICES,
HAPPIER
YOU!

Nutrition Facts &
Consumer Safety

SMART
CHOICES
EVERY DAY!