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# WORKSHEET 1

## GRAMMAR + FOOD LABEL

**Target Grammar**  
Modal Verbs (should / should not) &  
Conjunctions (before, However, so,  
Overall)

**Vocabulary Focus:**  
Serving Size, Servings Per Container,  
Nutrition Information, Ingredients,  
% Thai RDI, Best Before, Net Weight



### LEVEL 1 CONTROLLED PRACTICE

#### FDA RIGHTS & RULES CHECK

#### Part A: Modal Verbs Practice

คำชี้แจง: เติมคำว่า should (ควร) หรือ  
should not (ไม่ควร) ลงในช่องว่างให้เหมาะสม

- Potato chips contain high sodium, so we \_\_\_\_\_ eat them every day.
- Fresh milk is high in calcium and protein. So, we \_\_\_\_\_ drink it for strong bones.
- Instant noodles are high in sodium; we \_\_\_\_\_ add vegetables and eggs to make them healthier.

#### Part B: Conjunctions Practice

คำชี้แจง: เลือกคำเชื่อมที่ถูกต้องในวงเล็บ

- Wheat flour is listed in the ingredients [ before / so ] sugar.
- High protein drink has 35g of protein. [ However / Before ], it contains 400 total calories per bottle.
- Soda contains high sugar, [ so / however ] we should limit our daily intake.
- [ Overall / Before ], fresh milk is a healthy choice for daily hydration.



#### Part A: Sentence Combining

คำชี้แจง: รวมประโยคเข้าด้วยกันโดยใช้คำเชื่อมและ  
Modal Verb ที่กำหนดให้ในวงเล็บ

#### EXAMPLE

**Sentence A:** Tom Yum Noodles contain 1,760 mg of sodium.

**Sentence B:** Consuming high sodium increases blood pressure.

**Target:** However / so / should not

**Answer:** Tom Yum Noodles contain 1,760 mg of sodium. However, consuming high sodium increases blood pressure, so we should not eat it often.

- Snack Jack Green Pea Snack is baked not fried. It contains 8g of total fat per serving.  
(บังคับใช้: However / so / should not)

- Energy drink contains high caffeine. Children need to avoid drinking it.  
(บังคับใช้: so / should not)



#### Part B: Master Pattern Gap-Filling

คำชี้แจง: เติมคำศัพท์จากกล่องคำเชื่อม (before, However, so)  
และ Modal Verb (should / should not) ลงในช่องว่างให้สมบูรณ์



- Vita Vitamin Drink has a Serving Size of (1) \_\_\_\_\_ (250 ml) and 1 Servings Per Container. According to the Nutrition Information, it contains Vitamin B6 (100% % Thai RDI). Water is listed in the Ingredients (2) \_\_\_\_\_ sugar. (3) \_\_\_\_\_, it contains 9g of sugars, (4) \_\_\_\_\_ we (5) \_\_\_\_\_ drink too many bottles a day. Always check the Best Before date!

Tom Yum Instant Noodles have a Serving Size of 1 pack (60 g). According to the Nutrition Information, it contains 1,760 mg of sodium (88% % Thai RDI). Wheat flour is listed in the Ingredients (1) \_\_\_\_\_ palm oil. (2) \_\_\_\_\_, eating too much sodium can cause high blood pressure, (3) \_\_\_\_\_ we (4) \_\_\_\_\_ consume it every day.



- Soy Milk has 1 Servings Per Container (180 mL). Soy Milk (4%) is listed in the Ingredients (1) \_\_\_\_\_ sugar (4%). (2) \_\_\_\_\_, it contains 10g of sugar (4% % Thai RDI), (3) \_\_\_\_\_ we (4) \_\_\_\_\_ drink it in moderation for good health.

Sonami Prawn Crinkles has a Net Weight of 26 g. Wheat Flour (73.14%) is listed in the Ingredients (1) \_\_\_\_\_ prawns (10.00%). According to the Nutrition Information, it contains 170 mg of sodium (9% % Daily Value). (2) \_\_\_\_\_, it is non-fried, (3) \_\_\_\_\_ we (4) \_\_\_\_\_ still check the Best Before date before eating.



**Nutrition Labels &  
Health Advice**

**SMART  
CHOICES  
EVERY DAY!**

LIVEWORKSHEETS