

My score

Name

Class NO. date

WORKSHEET

PART 1: DATA EXTRACTION



INSTRUCTIONS

Read the label and complete Tasks 1-10 (Type short answers or choose from options). คำสั่ง: อ่านฉลากสินค้า แล้วพิมพ์ตอบสั้นๆ

หรือเลือกคำตอบข้อ 1-10



Tasks 1-10 List

1. Product Name:

2. Serving Size:

3. Total Calories:

4. Sodium Amount:

5. Fat Amount:

6. Sugar Amount:

7. Best Before Date (BBF):

8. Product Evaluation:

[Select Option ▼]

9. Storage Instruction:

[Select Option ▼]

10. Advice Action:

[Select Option ▼]



HEALTHY CHOICES, HAPPIER YOU!



Vitamin 200% of Thai RDI*
With Vitamin B3, B6
and Vitamin B12
Watermelon Flavored
(Smoothie)

VITAMIN
200%
of Thai RDI*
B1, B6, B12

Serving Size : 2/3 bottle (250 ml)
Servings Per Container : 1

Amount per serving	% Thai RDI*
Total Energy	45 kcal 2%
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Cholesterol	0 mg 0%
Protein	0 g 0%
Total Carbohydrate	11 g 4%
Dietary Fiber	0 g 0%
Total Sugars	9 g 0%
Sodium	5 mg 0%

VITAMINS	% Thai RDI*
Vitamin B3	1%
Vitamin B6	100%
Vitamin B1	20%
Vitamin B12	20%

*Percent Thai Recommended Daily Intakes
for population over 6 years of age
(Thai RDI) are based on a 2,000 kcal diet.



885 0389 12039 2



MFG : 01 06 2026
BBF : 01 06 2027

Net Volume 500 ml

INGREDIENTS

Water, Sugar,
Fruit Juice Concentrate
(Watermelon),
Acidity Regulator
(INS330, INS331(iii),
INS260, INS296),
Stabilizer (INS386),
Vitamins (INS330, INS331(iii),
INS260, INS296),
Natural Identical Flavor
CONTAINS PERMITTED
FOOD COLOR (INS133)
CONTAINS VITAMINS
B1, B6, B12
CONTAINS NO
PRESERVATIVES

HOW TO ENJOY

Shake well before drinking.
Best served chilled.



MANUFACTURED BY

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