

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 ▼]

NUTRITION INFORMATION

Serving size: 1 box (180 ml)
Servings per container: 1

Amount per serving	% Thai RDI*
Energy	110 kcal 6%
Total Fat	5 g 8%
Trans Fat	0 g -
Cholesterol	15 mg 5%
Protein	5 g 8%
Total Carbohydrate	12 g 4%
Total Sugars	9 g -
Includes 0g Added Sugars	0 g 0%
Sodium	105 mg 5%

PERCENT THAI RDI*

Calcium	Vitamin D	Vitamin B2	Vitamin B12
20%	10%	15%	20%

INGREDIENTS:

Fresh Milk 100% (Milk from Cow)

ALLERGEN INFORMATION:

Contains Milk.

STORAGE & SAFETY INSTRUCTIONS:

- Keep refrigerated at 2°C - 6°C.
- Shake well before drinking.
- Do not consume if carton is swollen, damaged, or leaking.

MANUFACTURED BY:

DAIRY PLUS CO., LTD.
999 Moo 3, Mittraphap Road,
Nong Bua Sala Subdistrict,
Mueang Nakhon Ratchasima District,
Nakhon Ratchasima 30000, Thailand
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PRODUCT OF THAILAND

CERTIFICATIONS & BATCH DETAILS

HALAL CERTIFIED	GMP CERTIFIED	HACCP CERTIFIED	PLEASE RECYCLE
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Thai FDA Reg. No.: 10-1-12345-5-0123

LOT NO.	MFG DATE	BEST BEFORE
25011501	15 JAN 2025	15 JAN 2026

NUTRIENT BENEFIT CLAIMS

- CALCIUM**
• Builds strong bones and teeth
- PROTEIN**
• Helps build and repair body tissues
- VITAMIN D**
• Helps the body absorb calcium
- VITAMIN B2**
• Helps release energy from food
- VITAMIN B12**
• Supports red blood cell formation

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