

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*
Total Energy	130 kcal	7%
Total Fat	6 g	9%
Saturated Fat	2 g	10%
Cholesterol	0 mg	0%
Protein	5 g	
Total Carbohydrate	13 g	4%
Dietary Fiber	1 g	3%
Sugar	10 g	4%
Sodium	70 mg	4%
VITAMINS		
Vitamin A	15%	
Vitamin B1 (Thiamin)	15%	
Vitamin B2 (Riboflavin)	10%	
Calcium	2%	
Iron	4%	
Vitamin B12	25%	
Vitamin K	25%	
Iodine	25%	
Folate	20%	
Pantothenic Acid	20%	
Vitamin E	20%	
Vitamin B6	20%	
Selenium	15%	
Niacin	15%	
Biotin	15%	
Magnesium	10%	
Phosphorus	10%	

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



HOW TO ENJOY
Enjoy straight from the pack. Taste great with cold drinks.

STORAGE
Store in a cool, dry place. Avoid direct sunlight. Close the bag tightly after opening.

PRODUCT OF THAILAND

MFG : 01 06 2026
BBF : 01 06 2027



Customer Care 0-2023-4567

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