

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!

INSTANT NOODLES TOM YUM FLAVOUR

A delicious instant noodle with authentic Tom Yum flavour. Spicy, sour, and fragrant. Ready in just 2 minutes!

INGREDIENTS

Noodles		
Wheat Flour	53.00%	
Palm Oil	19.50%	
Modified Tapioca Starch	8.00%	
Salt	6.00%	
Sugar	4.00%	
Minerals	2.70%	
Leavening Agent (INS 500(ii))	0.70%	
Antioxidant (INS 319)	0.30%	
Seasoning Powder		
Salt	18%	
Sugar	12%	
Chili Powder	13%	
Vegetable Powder	12%	
Garlic Powder	12%	
Lemongrass Powder	12%	
Acid (INS 330)	5%	
Flavour Enhancer (INS 621)	3%	
Other Ingredients	3%	



Allergen Information :
Contains wheat and soybean. Produced in a facility that also handles crustacean, fish, and soybean.

MFG : 22 28 4F
BBF : 22 28 4F



PRODUCT OF THAILAND

Nutrition Information		
Serving Size : 1 pack (60 g)		
Servings per container : 1		
Amount per serving		% Thai RDI*
Energy	320 kcal	16%
Total Fat	12 g	18%
Protein	8 g	13%
Total Carbohydrate	39 g	13%
Sugars	5 g	
Sodium	1,760 mg	88%

*Percent Thai RDI are based on a 2,000 kcal diet.

Manufactured and Distributed by :
QUALITY FOODS CO., LTD.
42/1 Moo 2, Phetkasem Road,
Tambon Om Noi, Amphoe Krathum Baen,
Samut Sakhon 73160, Thailand
Tel. 02-811-5101-6 Fax. 02-811-4989
Customer Service : 1-800-999-333

HOW TO PREPARE
1. Boil 2 cups (400 ml) of water.
2. Add noodles and seasoning.
3. Cook for 2 minutes, stir well and serve.



STORAGE
Store in a cool, dry place. Avoid direct sunlight.

Customer Care
0-2023-4567

