

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 bag (70 g)
 Servings Per Container: 1

Amount Per Serving
TOTAL ENERGY 150 kcal

		% Thai RDI*
TOTAL FAT	8 g	12%
SATURATED FAT	2 g	10%
TRANS FAT	0 g	-
CHOLESTEROL	0 mg	0%
SODIUM	90 mg	4%
TOTAL CARBOHYDRATE	15 g	5%
DIETARY FIBER	2 g	8%
SUGARS (INCLUDES 0 g ADDED SUGARS)	1 g	-
PROTEIN	7 g	-

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

% Thai RDI*				
VITAMIN A	VITAMIN B1	VITAMIN C	CALCIUM	IRON
0%	0%	0%	2%	2%

INGREDIENTS

GREEN PEA	76.00%
VEGETABLE OIL	21.00%
IODIZED SALT	1.50%
SEASONING	1.50%

ALLERGEN INFORMATION:
 CONTAINS PEAS.

CAUTION

- STORE IN A COOL, DRY PLACE. KEEP AWAY FROM SUNLIGHT.
- CONSUME IMMEDIATELY AFTER OPENING TO MAINTAIN FRESHNESS.

KEEP OUR CITY CLEAN DO NOT LITTER

MANUFACTURED & DISTRIBUTED BY:
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