

Name: _____ Date: _____



Labels

Reading a Food Label 1

Directions Read the fruit juice label below. Then, answer the questions.

Nutrition Facts	
Serving Size 8 fl. oz.	
Servings Per Container 8	
Amount Per Serving	
Calories 150	
Calories From Fat 0	
	% Daily Value*
Total Fat 0 g	0%
Sodium 30 mg	1%
Total Carbohydrate 29 g	10%
Sugars 25 g	
Protein 0 g	0%
Vitamin C	100%
Calcium 0 g	
*Percent daily values are based on a 2,000 calorie diet.	

1. How many calories are in each serving of this juice? _____
2. True or False? There is no fat in this juice. _____
3. True or False? This juice has calcium. _____
4. How many total ounces are in this container? _____
5. What does * mean? _____

6. How many grams of sugar are in one serving of this juice? _____
7. How many calories would be in half a serving of this juice? _____
8. What percent of the daily value of vitamin C do you get from one serving of this juice? _____
9. How many milligrams of sodium are in one serving of this juice? _____
10. How many grams of carbohydrates are in one serving of this juice? _____

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Labels

Reading a Food Label 2

Directions Read the soup can label below. Then, answer the questions.

Sally's Soup Creations


Cooking Directions
Stovetop: Mix soup and one can of water over medium heat, stirring occasionally.
Microwave: Mix soup and one can of water in a microwave-safe bowl. Cover, and heat on high for about three minutes. Stir.

Nutrition Facts	
Serving Size 1 cup (245 g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 200	Calories From Fat 60
%Daily Value*	
Total Fat 7 g	11%
Saturated Fat 2 g	10%
Cholesterol less than 5 mg	1%
Sodium 740 mg	35%
Total Carbohydrate 26 g	9%
Dietary Fiber 5 g	
Sugars 10 g	
Protein 7 g	
Vitamin A 25%	Vitamin C 10%
Calcium 10%	Iron 8%


*Percent Daily Values are based on a 2,000 calorie diet.

PROMPTLY REFRIGERATE ANY UNUSED PORTION. STORE UNOPENED CAN AT ROOM TEMPERATURE.

Satisfaction guaranteed. For questions, comments, or concerns, please call 1-800-555-7765 or write to:
Sally's Soup Creations
4318 Camden Dr.
Newton, NJ 07860



Please Recycle



41100 50322

1. True or False? This soup should be stirred while it is heating on the stovetop. _____
2. True or False? This soup should be covered while it is in the microwave. _____
3. True or False? This soup should be kept in the refrigerator until it is opened. _____
4. How many milligrams of cholesterol does one serving of this soup have? _____
5. Does this soup have more carbohydrates or protein? _____
6. Which vitamins does this soup contain? _____

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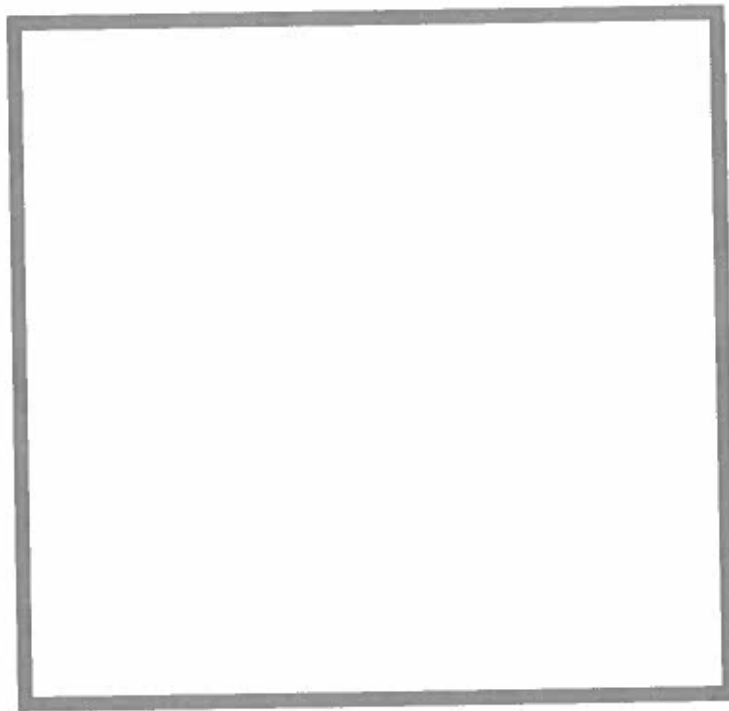


Labels

Reading a Food Label **2** continued

7. What are two ways you could contact the company that made this soup?

8. What does the recycle symbol look like? Draw a picture in the box below to show your answer.



9. How many servings are in this can of soup? _____

10. How many total calories are in this can of soup? _____

11. What should you mix with the soup when preparing it? _____

12. What is guaranteed about this can of soup? _____

13. How many grams of dietary fiber are in one serving of this soup? _____

14. How long should this soup be heated in a microwave? _____

15. What do you think the bar code on the lower, right-hand corner of the label is for? _____

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Labels

Reading a Food Label 3

Directions Read the canned food label below. Then, answer the questions.



1. How much does this can of green beans weigh? _____
2. What are the ingredients in this can of green beans? _____

3. What type of dish should these beans be heated in? _____
4. How long should you heat these green beans in the microwave? _____
5. What city is Fresh Harvest in? _____
6. Why might a customer write to Fresh Harvest? _____

7. What is guaranteed about these green beans? _____
8. What is a dish a person might make with cut green beans? _____
