
How to use a nutrition facts table

Copy 

Read the words aloud, then copy each word.

Nutrients	Copy
Calories	<i>Calories</i>
Fat	
Cholesterol	
Sodium	
Potassium	
Carbohydrates	
Fibre	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

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True or false

Read the article and look at the label.

Circle **T** if the sentence is true or **F** if the sentence is false.

1. Similar foods have similar serving sizes.	T	F
2. There are 15 crackers in one serving.	T	F
3. This food has 4 per cent of the daily value (%DV) for sodium.	T	F
4. This food has 13 per cent of the daily value (%DV) for fat.	T	F
5. Try to get foods that have more fibre, vitamins and minerals.	T	F
6. Try to get foods that have more saturated fat, sodium and sugars.	T	F

What do you think?

Do you think these crackers are healthy? Why or why not?

Do you eat crackers? Name one kind you like.

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Answers

True or false

1. T 2. F 3. F 4. F 5. T 6. F