

Reading Food Labels

Part A Directions Place a check mark next to the *best* answer.

- 1) Which items must appear on a food label?
_____ a) name of product, weight, list of ingredients, manufacturer's name and address
_____ b) name of product, volume, list of ingredients, number of calories
_____ c) name of product, volume, manufacturer's name and address, number of calories
_____ d) manufacturer's name and address, weight, list of ingredients, number of calories
- 2) If the second ingredient listed on a product label is sugar, this tells you:
_____ a) the product contains too much sugar.
_____ b) the product is not healthy.
_____ c) sugar is the ingredient present in the second largest quantity.
_____ d) sugar is an additive.
- 3) The list of ingredients is important for people who:
_____ a) have food allergies.
_____ b) need organized lists.
_____ c) eat 2,500 calories per day.
_____ d) already know how many nutrients they get in food.
- 4) One way to make healthy food choices is by:
_____ a) comparing prices.
_____ b) reading the information on food labels.
_____ c) comparing servings on cans with servings in restaurants.
_____ d) paying attention to television ads.
- 5) What is information you can gain from reading labels?
_____ a) serving size
_____ b) calories per serving
_____ c) amounts of different vitamins and minerals
_____ d) all of the above

Part B Directions Write the letter of the item from Column B that matches the description in Column A.

Column A

- _____ 6) a number that identifies a group of packages
- _____ 7) the part of a label that tells about the calories and nutrients in the food
- _____ 8) the part of the package that tells what is in the package
- _____ 9) amounts of nutrients used as standards on food labels
- _____ 10) A percent of nutrients based on 2,000 calories per day

Column B

- a) Daily Values
- b) label
- c) lot number
- d) Nutrition Facts
- e) U.S. Recommended Daily Allowances (U.S. RDA)