

## Group Work

Instructions: Read the food label and answer the questions.

1. What is the serving size?

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2. How many calories are in one serving?

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3. How many calories from fat are in one serving?

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4. How many grams of carbohydrate are there per serving?

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5. How many grams of sugar are there per serving?

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6. Which is the highest percent daily value in this chocolate chip cookies?

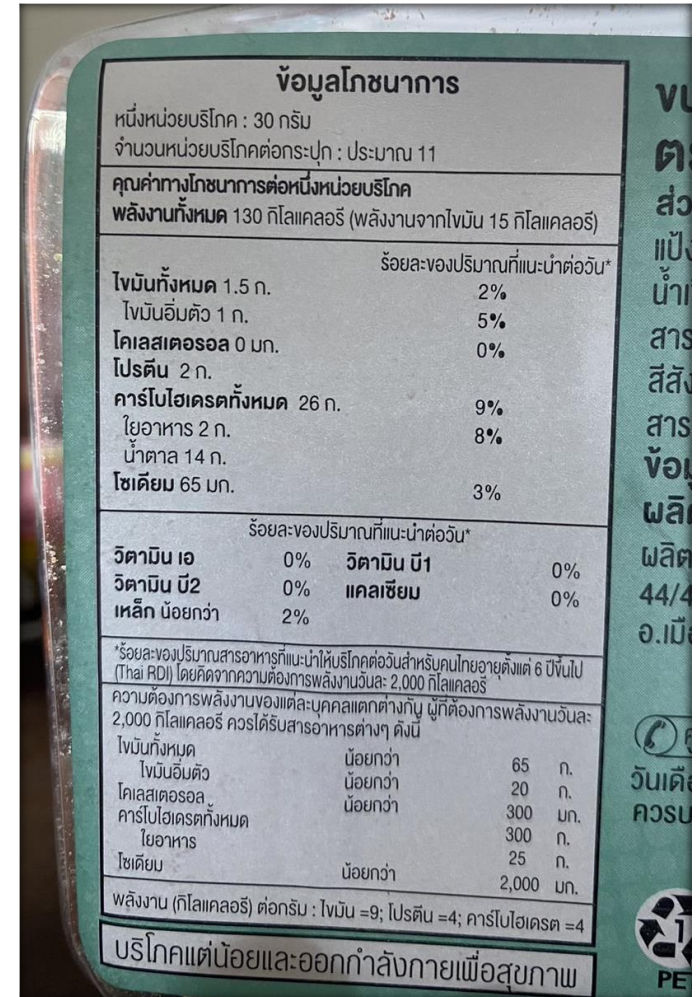
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7. How much cholesterol is in 12 g of chocolate chip cookies?

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8. Do you think this product is good for you? Why?

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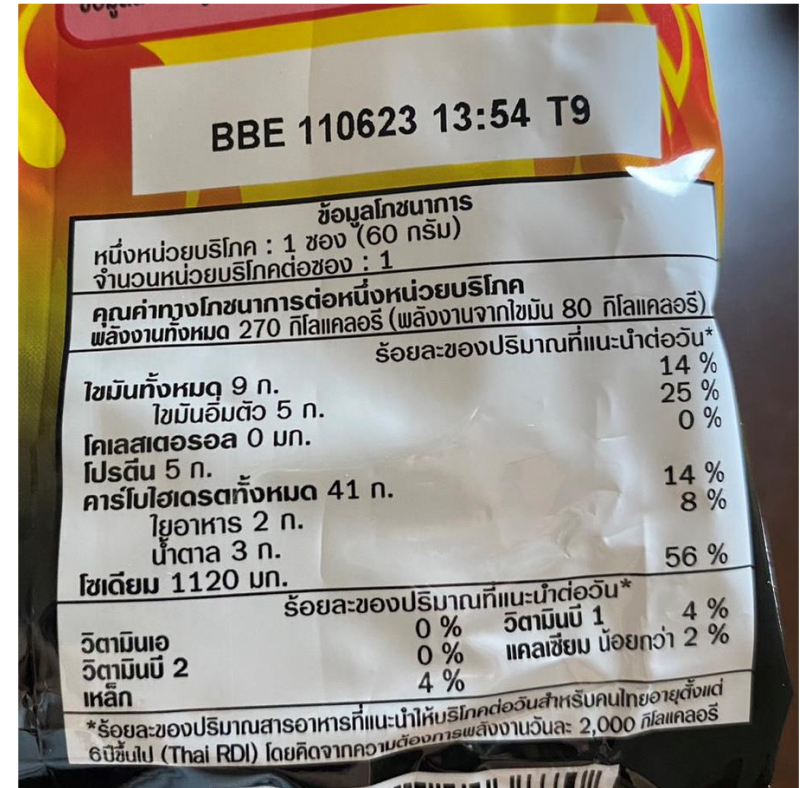
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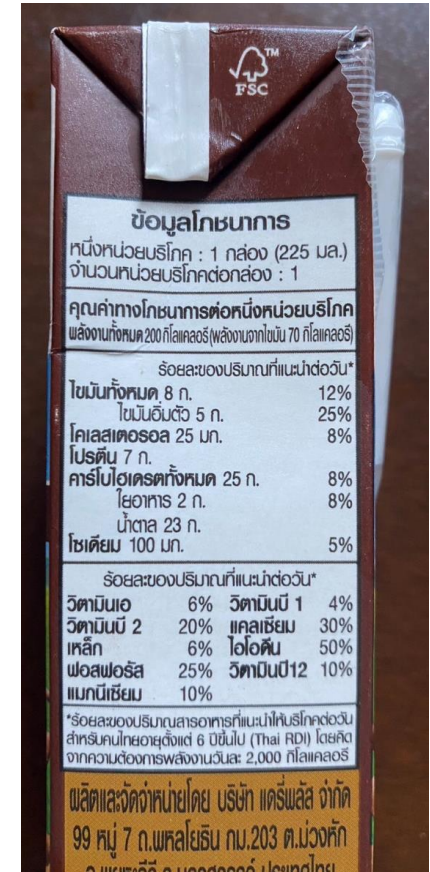
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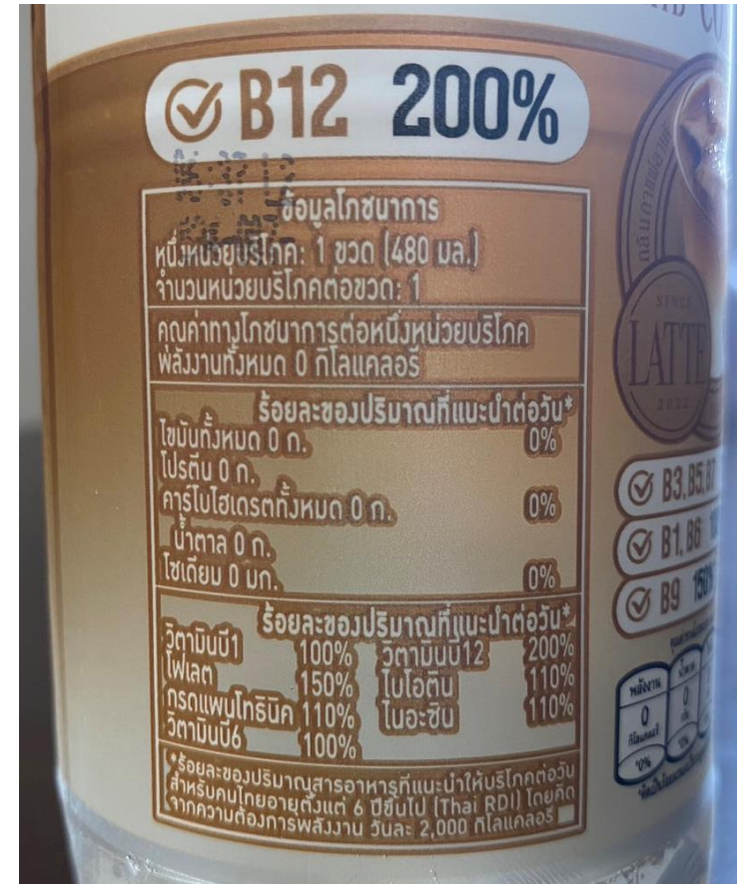
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**ข้อมูลโภชนาการ (Nutrition Information)**  
 หนึ่งหน่วยบริโภค : 30 กรัม (Serving size : 30g)  
 จำนวนหน่วยบริโภคต่อซอง (Serving(s) per container) : ประมาณ 13 (about 13)

**คุณค่าทางโภชนาการต่อหนึ่งหน่วยบริโภค (Amount per serving)**  
**พลังงานทั้งหมด 200 กิโลแคลอรี (Total energy 200 kcal)**  
 [(พลังงานจากไขมัน 150 กิโลแคลอรี)(Energy from fat 150 kcal)]

ร้อยละของปริมาณที่แนะนำต่อวัน* (Percent Thai RDI)		
<b>ไขมันทั้งหมด (Total fat)</b> 17 ก. (g)		26%
ไขมันอิ่มตัว (Saturated fat) 1.5 ก. (g)		8%
ไขมันทรานส์ (Trans fat) 0 ก. (g)		
<b>คอเลสเตอรอล (Cholesterol)</b> 0 มก. (mg)		0%
<b>โปรตีน (Protein)</b> 7 ก. (g)		
<b>คาร์โบไฮเดรตทั้งหมด (Total carbohydrate)</b> 5 ก. (g)		2%
ใยอาหาร (Dietary fiber) 3 ก. (g)		12%
น้ำตาล (Sugar) 2 ก. (g)		7%
<b>โซเดียม (Sodium)</b> 140 มก. (mg)		5%
<b>โพแทสเซียม (Potassium)</b> 190 มก. (mg)		

ร้อยละของปริมาณที่แนะนำต่อวัน* (Percent Thai RDI)		
<b>วิตามินเอ (Vitamin A)</b> 0%	<b>วิตามินบี 1 (Vitamin B1)</b> 2%	
<b>วิตามินบี 2 (Vitamin B2)</b> 15%	<b>แคลเซียม (Calcium)</b> 10%	
<b>เหล็ก (Iron)</b> 8%	<b>วิตามินดี (Vitamin D)</b> 0%	

\*ร้อยละของปริมาณสารอาหารที่แนะนำให้บริโภคต่อวันสำหรับคนไทยอายุตั้งแต่ 6 ปีขึ้นไป (Thai RDI) โดยคิดจากความต้องการพลังงานวันละ 2,000 กิโลแคลอรี (Percent Thai Recommended Daily Intakes for population over 6 years of age are based on a 2,000 kcal diet.)

**บริโภคแต่น้อยและออกกำลังกายเพื่อสุขภาพ**  
 (DD/MM/YYYY)

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