

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ22101 ชั้นมัธยมศึกษาปีที่ 2

หน่วยการเรียนรู้ที่ 2 Food

เรื่อง Food Labels

ครูผู้สอน ครูวัลลภ ใจหมั่น



What's the first thing you look for
when buying a product?





ใบความรู้ที่ 7

ฉลากผลิตภัณฑ์อาหารจำลอง



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบความรู้ที่ 7 เรื่อง ฉลากผลิตภัณฑ์อาหารจำลอง

หน่วยการเรียนรู้ที่ 2 เรื่อง Food

แผนการจัดการเรียนรู้ที่ 12 เรื่อง Food Labels

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

ชื่อ - สกุล ชั้น..... เลขที่.....

Nutrition Facts	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	245
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000</small>	

Nutrition Facts

6 servings per container
Serving size
1 cup (230g)

Calories
per serving **245**

Amount/serving	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%

Vitamin D 4mcg 20% · Calcium 210mg 16% · Iron 3mg 15% · Potassium 380mg 8%
Thiamin 13% · Riboflavin 9% · Niacin 12%

Amount/serving	% Daily Value*
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**What information
can you see on
a food label?**

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 8mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 34g **12%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 11g

Vitamin D 4mcg **20%**

Calcium 210mg **16%**

Iron 3mg **15%**

Potassium 380mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Food Labels





Learning Objectives

- 1. Students will be able to identify information on food labels.**
- 2. Students will be able to read food labels and compare the nutrition information of the same type of food from different brands.**



WORD



Station



serving size

added **sugar**

total fat

sodium

trans fat

cho**l**esterol

total **sugar**

vitamins

food **l**abel

FRUIT
VEGETABLES



MILK

food label

a sticker or print on food packaging that tells you what's inside (ingredients), how much nutrition it has (like calories and fat), and how to keep it safe

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



serving size

the amount of food (like "1 cup" or "3 cookies")
that food labels use to tell you the nutrition
information for that specific amount

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 8mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 34g **12%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 11g

Vitamin D 4mcg 20%

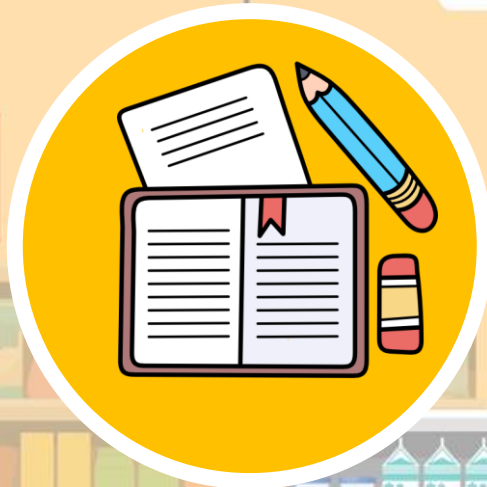
Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUIT
VEGETABLES



MILK

added **sugar**

Sugars and syrups that were put into foods and drinks during processing or preparation. It does not include sugars that are naturally found in whole foods.

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUIT
VEGETABLES



MILK

total fat

It refers to the total amount of all types of fat (saturated, unsaturated, and trans fat) present in one serving of that food.

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

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FRUIT
VEGETABLES



MILK

sodium

It tells you how much salt is in one serving of the food.

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

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FRUIT
VEGETABLES



MILK

trans fat

a type of unhealthy fat

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

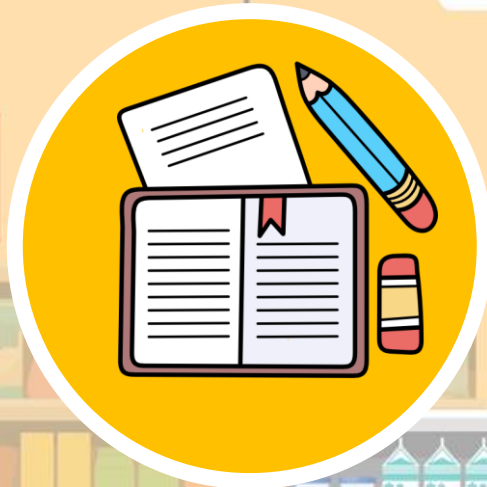
Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

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FRUIT
VEGETABLES



MILK

cholesterol

It tells you the amount of dietary cholesterol present in one serving of that food.

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

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FRUIT
VEGETABLES



MILK

total sugar

the total amount of all sugars in one serving of that food

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

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FRUIT
VEGETABLES



MILK

vitamins

nutrients that your body needs in small amounts to function properly and stay healthy

Nutrition Facts

6 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ใบความรู้ที่ 6

Nutrition Facts Label



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can – and often do – contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSX2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

Size up Servings

Consider the Calories

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g 8%

Saturated Fat 1.5g 3%

Trans Fat 0g 0%

Cholesterol 5mg 10%

Sodium 430mg 19%

Total Carbohydrate 45g 17%

Dietary Fiber 7g 25%

Total Sugars 4g 8%

Includes 2g Added Sugars 4%

Protein 11g 22%

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is low and **20% DV** or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get Less Of

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)
- Sodium
- Added Sugars

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts
Read the Label

Revised: October 2018

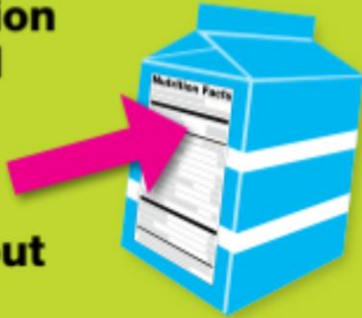
www.fda.gov/nutritioneducation



The Nutrition Facts Label

Look for It and Use It!

Information
you need
to make
healthy
choices
throughout
your day



Found on
food and
beverage
packages



Use it to
compare
and
choose
foods!



What?

Where?

Why?



What do you look for on food labels?

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 8mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 34g **12%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 11g

Vitamin D 4mcg **20%**

Calcium 210mg **16%**

Iron 3mg **15%**

Potassium 380mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Size up Servings

Check the serving size and servings per container.

Nutrition Facts

6 servings per container
Serving size 1 cup (230g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 3mg 15%

Potassium 380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consider the Calories

Balance the number of calories you eat and drink with the number of calories you burn during physical activity.

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use% DV

% DV is the percentage of the Daily Value and tells you how much one serving of that food gives you of a nutrient for the whole day.

- 5% or less = Low in that nutrient.
- 20% or more = High in that nutrient.

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
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Choose Nutrients Wisely

Nutrients To Get **More**

- Dietary Fiber
- Iron
- Vitamin D
- Calcium

Nutrients To Get **Less**

- Saturated Fat
- Trans Fat
- Sodium
- Added Sugar

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
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Total Sugars 5g	
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Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How many calories are there
in this food?

There are 180 kcals.

Nutrition Facts

Serving Size 1 cup (245 g)
Servings Per Container about 2

Amount Per Serving

Calories 180 Calories from Fat 45

Total Fat 5 g % DV* 8%

Saturated Fat 1 g 4%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 590 mg 25%

Total Carb. 27 g 9%

Dietary Fiber 8 g 32%

Sugars 2 g

Protein 8 g

Vitamin A 25% • Vitamin C 6%

Calcium 8% • Iron 15%

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

Nutrition Facts

Serving Size 1 cup (245 g)
Servings Per Container about 2

Amount Per Serving

Calories 180 Calories from Fat 45

	% DV*
Total Fat 5 g	8%
Saturated Fat 1 g	4%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 590 mg	25%
Total Carb. 27 g	9%
Dietary Fiber 8 g	32%
Sugars 2 g	
Protein 8 g	

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

How much total fat is there in this food?

There is 5 g of total fat.



Nutrition Facts

Serving Size 1 cup (245 g)

Servings Per Container about 2

Amount Per Serving

Calories 180 Calories from Fat 45

	% DV*
Total Fat 5 g	8%

Saturated Fat 1 g	4%
-------------------	----

Trans Fat 0 g	
---------------	--

Cholesterol 0 mg	0%
-------------------------	----

Sodium 590 mg	25%
----------------------	-----

Total Carb. 27 g	9%
-------------------------	----

Dietary Fiber 8 g	32%
-------------------	-----

Sugars 2 g	
------------	--

Protein 8 g	
--------------------	--

Vitamin A 25%	Vitamin C 6%
---------------	--------------

Calcium 8%	Iron 15%
------------	----------

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

How many servings per container are there from the food label?

There are about 2 servings per container.

Nutrition Facts

Serving Size 1 cup (245 g)
Servings Per Container about 2

Amount Per Serving

Calories 180 Calories from Fat 45

	% DV*
Total Fat 5 g	8%

Saturated Fat 1 g	4%
Trans Fat 0 g	

Cholesterol 0 mg	0%
-------------------------	-----------

Sodium 590 mg	25%
----------------------	------------

Total Carb. 27 g	9%
-------------------------	-----------

Dietary Fiber 8 g	32%
Sugars 2 g	

Protein 8 g	
--------------------	--

Vitamin A 25%	Vitamin C 6%
Calcium 8%	Iron 15%

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

How much sodium is there in this food?

There is 590 mg of sodium.



ใบงานที่ 12

Compare the Snack (A)



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบงานที่ 12 เรื่อง Compare the snack (A)

หน่วยการเรียนรู้ที่ 2 เรื่อง Food

แผนการจัดการเรียนรู้ที่ 12 เรื่อง Food Labels

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

ชื่อ - สกุล ชั้น..... เลขที่.....

Directions: Look at the pictures and answer the questions below.

PER SERVING

CALORIES	SUGAR	FAT	SAT. FAT	SALT
250	1.5 g	24 g	3.5 g	0.8 g
12%	3%	30%	18%	5%

OF YOUR GUIDELINE DAILY AMOUNT

1. How many calories are there in this meal?
2. How much fat is in this meal?
3. How much saturated fat is in this meal?

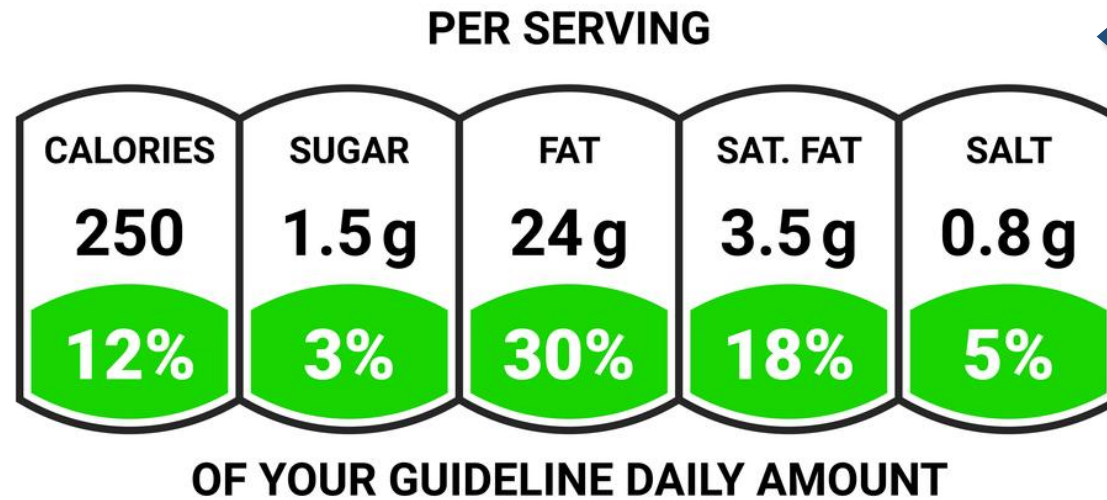
Per portion (40g):

28	Energy 1050kJ 260kcal	Sugar 15g	Fat 13g	Saturates 1.2g	Salt 0.1g
Servings	32%	16%	12%	14%	<1%

% of adult's reference intake.

Typical values per 100g: Energy 3274k/790kcal

1. How many calories are there in this meal?
2. How much fat is in this meal?
3. How much saturated fat is in this meal?



1. How many calories are there in this meal?

250 kcals (12%).

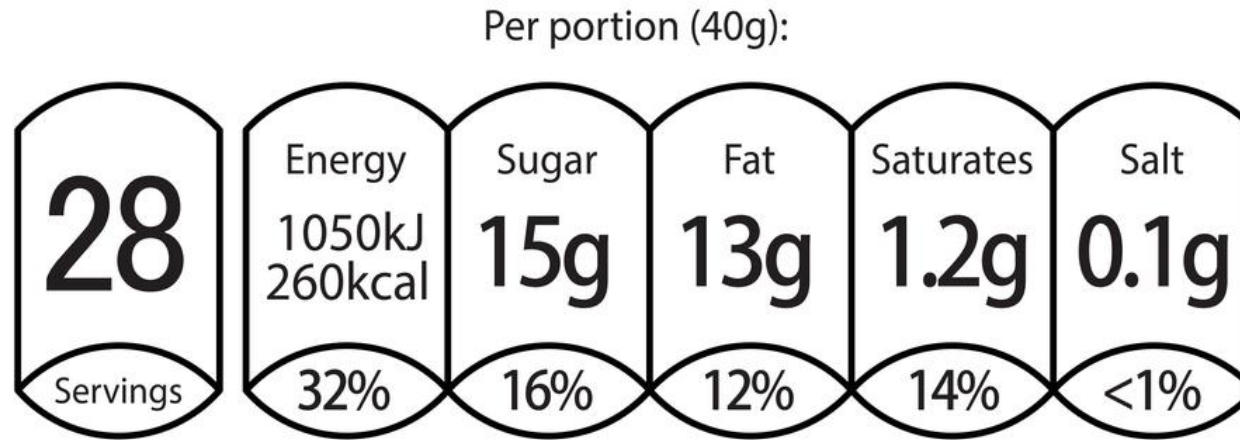
2. How much fat is in this meal?

24 g (30%).

3. How much saturated fat is in this meal?

3.5 g (18%).





% of adult's reference intake.
Typical values per 100g: Energy 3274kJ/790kcal

Let's check!

1. How many calories are there in this meal?

260 kcals (32%).

2. How much fat is in this meal?

13 g (12%).

3. How much saturated fat is in this meal?

1.2 g (14%).





ใบงานที่ 13

Compare the Snack (B)



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบงานที่ 13 เรื่อง Compare the snack (B)

หน่วยการเรียนรู้ที่ 2 เรื่อง Food

แผนการจัดการเรียนรู้ที่ 12 เรื่อง Food Labels

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

ชื่อ - สกุล ชั้น เลขที่.....

Directions: Compare the nutrition facts of two foods.

Food 1

Serving Size

Serving Per Container

Calories

Total Fat grams

Total sugargrams

Proteingrams

Cholesterol..... grams

Sodiumgrams

Vitamins and/or Minerals

(Most to least)

..... % Daily Value

..... % Daily Value

..... % Daily Value

..... % Daily Value

First 3 Ingredients

1.

2.

3.

Food 2

Serving Size

Serving Per Container

Calories

Total Fat grams

Total sugargrams

Proteingrams

Cholesterol..... grams

Sodiumgrams

Vitamins and/or Minerals

(Most to least)

..... % Daily Value

..... % Daily Value

..... % Daily Value

..... % Daily Value

First 3 ingredients

1.

2.

3.



ใบความรู้ที่ 7

ฉลากผลิตภัณฑ์อาหารจำลอง



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

1

Nutrition Facts

Serving Size 8 oz.

Serving Per Container 4

Amount Per Serving:

Calories 350 Calories From Fat 150

% Daily value*

Total Fat 17 g 22 %

Saturated Fat 7 g 35 %

Trans Fat 0.5 g

Cholesterol 25 mg 8 %

Sodium 480 mg 21 %

Total Carbohydrate 45 g 16 %

Dietary Fiber 5 g 18 %

Sugars 12 g

Protein 10 g

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2

Nutrition Facts

Serving Size 10 oz.

Serving Per Container 5

Amount Per Serving

Calories 200 Calories From Fat 200

% Daily value*

Total Fat 10 g 35%

Saturated Fat 1.5g 11%

Trans Fat 0.0 g

Cholesterol 0 mg 1%

Sodium 210 mg 15%

Total Carbohydrate 15 g 3%

Dietary Fiber 2 g 3%

Sugars 3 g

Protein 30 g

Vitamin A 3% Vitamin C 3%

Calcium 6% Iron 6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2500	1500
Total Fat	Less Than	50g	25g
Saturated Fat	Less Than	55g	15g
Cholesterol	Less Than	35mg	15mg
Sodium	Less Than	15mg	50mg
Total Carbohydrate	Less Than	300g	350g
Dietary Fiber	Less Than	20g	40g

Calories per gram

Fat 7 Carbohydrate 8 Protein 6

Worksheet 13

Food 1

Serving Size **8 oz.**

Serving Per Container **4**

Calories

Total Fat **17**

Total sugar **12**

Protein **10**

Cholesterol **0.025**

Sodium **0.480**

Vitamins and/or Minerals

(Most to least)

..... % Daily Value

..... % Daily Value

..... % Daily Value

..... % Daily Value

First 3 ingredients

1.

2.

3.

Food 2

Serving Size **10 oz.**

Serving Per Container **5**

Calories

Total Fat **10**

Total sugar **3**

Protein **30**

Cholesterol **0**

Sodium **0.210**

Vitamins and/or Minerals

(Most to least)

Calcium 6 % Daily Value

Iron 6 % Daily Value

Vitamin A 6 % Daily Value

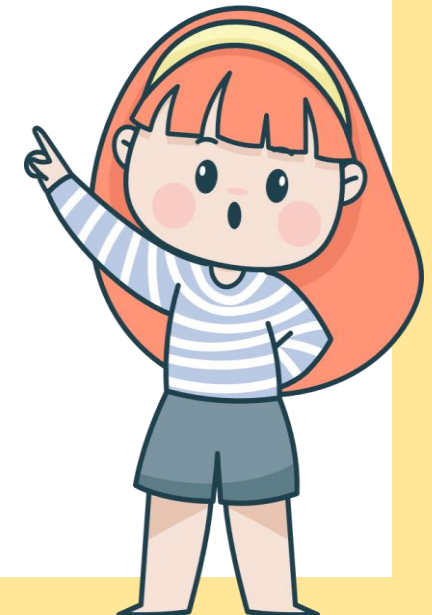
Vitamin C 6 % Daily Value

First 3 ingredients

1.

2.

3.



Worksheet 13

1

Nutrition Facts

Serving Size 8 oz.
Serving Per Container 4

Amount Per Serving:

Calories 350 **Calories From Fat 150**

% Daily value*

Total Fat	17 g	22 %
Saturated Fat	7 g	35 %
Trans Fat	0.5 g	
Cholesterol	25 mg	8 %
Sodium	480 mg	21 %
Total Carbohydrate	45 g	16 %
Dietary Fiber	5 g	18 %
Sugars	12 g	
Protein	10 g	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2

Nutrition Facts

Serving Size 10 oz.
Serving Per Container 5

Calories 200 **Calories From Fat 200**

% Daily value*

Total Fat	10 g	35 %
Saturated Fat	1.5g	11 %
Trans Fat	0.0 g	
Cholesterol	0 mg	1 %
Sodium	210 mg	15 %
Total Carbohydrate	15 g	3 %
Dietary Fiber	2 g	3 %
Sugars	3 g	
Protein	30 g	

Vitamin A	3 %	Vitamin C	3 %
Calcium	6 %	Iron	6 %

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2500	1500
Total Fat	Less Than	50g	25g	
Saturated Fat	Less Than	55g	15g	
Cholesterol	Less Than	35mg	15mg	
Sodium	Less Than	15mg	50mg	
Total Carbohydrate		300g	350g	
Dietary Fiber	Less Than	20g	40g	

Calories per gram
Fat 7 Carbohydrate 8 Protein 6

1. Which food has more calories?

Food 1 (350 kcals).



Worksheet 13

1

Nutrition Facts

Serving Size 8 oz.

Serving Per Container 4

Amount Per Serving:

Calories 350 Calories From Fat 150

% Daily value*

Total Fat 17 g 22 %

Saturated Fat 7 g 35 %

Trans Fat 0.5 g

Cholesterol 25 mg 8 %

Sodium 480 mg 21 %

Total Carbohydrate 45 g 16 %

Dietary Fiber 5 g 18 %

Sugars 12 g

Protein 10 g

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2

Nutrition Facts

Serving Size 10 oz.

Serving Per Container 5

Amount Per Serving

Calories 200 Calories From Fat 200

% Daily value*

Total Fat 10 g 35 %

Saturated Fat 1.5g 11 %

Trans Fat 0.0 g

Cholesterol 0 mg 1 %

Sodium 210 mg 15 %

Total Carbohydrate 15 g 3 %

Dietary Fiber 2 g 3 %

Sugars 3 g

Protein 30 g

Vitamin A 3% Vitamin C 3%

Calcium 6% Iron 6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2500 1500

Total Fat Less Than 50g 25g

Saturated Fat Less Than 55g 15g

Cholesterol Less Than 35mg 15mg

Sodium Less Than 15mg 50mg

Total Carbohydrate 300g 350g

Dietary Fiber Less Than 20g 40g

Calories per gram

Fat 7 Carbohydrate 8 Protein 6

2. Which has more sugar?

Food 1 (12 g).



Worksheet 13

1

Nutrition Facts

Serving Size 8 oz.

Serving Per Container 4

Amount Per Serving:

Calories 350 Calories From Fat 150

% Daily value*

Total Fat 17 g 22 %

Saturated Fat 7 g 35 %

Trans Fat 0.5 g

Cholesterol 25 mg 8 %

Sodium 480 mg 21 %

Total Carbohydrate 45 g 16 %

Dietary Fiber 5 g 18 %

Sugars 12 g

Protein 10 g

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2

Nutrition Facts

Serving Size 10 oz.

Serving Per Container 5

Amount Per Serving

Calories 200 Calories From Fat 200

% Daily value*

Total Fat 10 g 35 %

Saturated Fat 1.5g 11 %

Trans Fat 0.0 g

Cholesterol 0 mg 1 %

Sodium 210 mg 15 %

Total Carbohydrate 15 g 3 %

Dietary Fiber 2 g 3 %

Sugars 3 g

Protein 30 g

Vitamin A 3% Vitamin C 3%

Calcium 6% Iron 6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

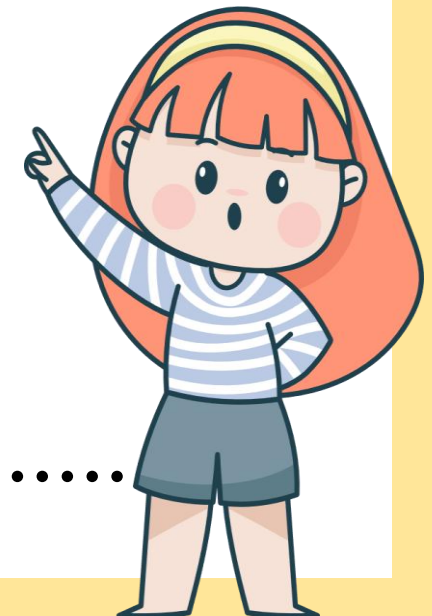
	Calories	2500	1500
Total Fat	Less Than	50g	25g
Saturated Fat	Less Than	55g	15g
Cholesterol	Less Than	35mg	15mg
Sodium	Less Than	15mg	50mg
Total Carbohydrate		300g	350g
Dietary Fiber	Less Than	20g	40g

Calories per gram

Fat 7 Carbohydrate 8 Protein 6

3. Which has more sodium?

Food 1 (480 g).



Worksheet 13

1

Nutrition Facts

Serving Size 8 oz.

Serving Per Container 4

Amount Per Serving:

Calories 350 Calories From Fat 150

% Daily value*

Total Fat 17 g 22 %

Saturated Fat 7 g 35 %

Trans Fat 0.5 g

Cholesterol 25 mg 8 %

Sodium 480 mg 21 %

Total Carbohydrate 45 g 16 %

Dietary Fiber 5 g 18 %

Sugars 12 g

Protein 10 g

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2

Nutrition Facts

Serving Size 10 oz.

Serving Per Container 5

Amount Per Serving

Calories 200 Calories From Fat 200

% Daily value*

Total Fat 10 g 35 %

Saturated Fat 1.5g 11 %

Trans Fat 0.0 g

Cholesterol 0 mg 1 %

Total Carbohydrate 15 g 3 %

Dietary Fiber 2 g 3 %

Sugars 3 g

Protein 30 g

Vitamin A 3% Vitamin C 3%

Calcium 6% Iron 6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2500 1500

Total Fat Less Than 50g 25g

Saturated Fat Less Than 55g 15g

Cholesterol Less Than 35mg 15mg

Sodium Less Than 15mg 50mg

Total Carbohydrate 300g 350g

Dietary Fiber Less Than 20g 40g

Calories per gram

Fat 7 Carbohydrate 8 Protein 6

4. Which has more cholesterol?

Food 1 (25 mg).



Worksheet 13

1

Nutrition Facts

Serving Size 8 oz.
Serving Per Container 4

Amount Per Serving:

Calories 350	Calories From Fat 150
% Daily value*	
Total Fat 17 g	22 %
Saturated Fat 7 g	35 %
Trans Fat 0.5 g	
Cholesterol 25 mg	8 %
Sodium 480 mg	21 %
Total Carbohydrate 45 g	16 %
Dietary Fiber 5 g	18 %
Sugars 12 g	
Protein 10 g	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2

Nutrition Facts

Serving Size 10 oz.
Serving Per Container 5

Amount Per Serving

Calories 200	Calories From Fat 200
% Daily value*	
Total Fat 10 g	35 %
Saturated Fat 1.5g	11 %
Trans Fat 0.0 g	
Cholesterol 0 mg	1 %
Sodium 210 mg	15 %
Total Carbohydrate 15 g	3 %
Dietary Fiber 2 g	3 %
Sugars 3 g	
Protein 30 g	
Vitamin A 3%	Vitamin C 3%
Calcium 6%	Iron 6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

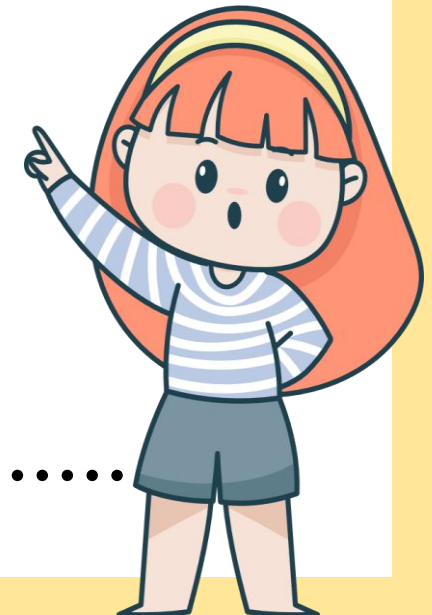
	Calories	2500	1500
Total Fat	Less Than	50g	25g
Saturated Fat	Less Than	55g	15g
Cholesterol	Less Than	35mg	15mg
Sodium	Less Than	15mg	50mg
Total Carbohydrate		300g	350g
Dietary Fiber	Less Than	20g	40g

Calories per gram

Fat 7 Carbohydrate 8 Protein 6

5. Which is the healthy food?

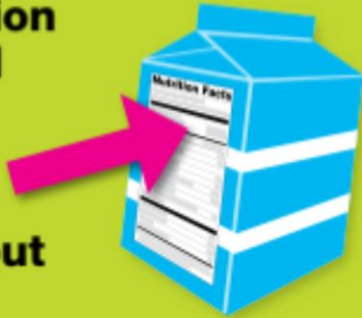
Food 2.



The Nutrition Facts Label

Look for It and Use It!

Information
you need
to make
healthy
choices
throughout
your day



Found on
food and
beverage
packages



Use it to
compare
and
choose
foods!



What?

Where?

Why?

Choose Nutrients Wisely

Nutrients To Get **More**

- Dietary Fiber
- Iron
- Vitamin D
- Calcium

Nutrients To Get **Less**

- Saturated Fat
- Trans Fat
- Sodium
- Added Sugar

Nutrition Facts

6 servings per container

Serving size

1 cup (230g)

Amount per serving

Calories

245

% Daily Value*

Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



บทเรียนครั้งต่อไป

Eating Habits





สิ่งที่ต้องเตรียม

ใบงานที่ 14 เรื่อง Food Allergy



(สามารถดาวน์โหลดได้ที่
www.dltv.ac.th)

