

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%
*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.	

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container		Total Fat 12g	14%	Total Carbohydrate 34g	12%
Serving size		Saturated Fat 2g	10%	Dietary Fiber 7g	25%
1 cup (230g)		Trans Fat 0g		Total Sugars 5g	
Calories		Cholesterol 8mg	3%	Includes 4g Added Sugars	8%
per serving		Sodium 210mg	9%	Protein 11g	
245		Vitamin D 4mcg 20% · Calcium 210mg 16% · Iron 3mg 15% · Potassium 380mg 8% Thiamin 13% · Riboflavin 9% · Niacin 12%			

*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.

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