

Food Labels Worksheet--Key

1. Click on the link to *Food Labels* on the webpage for this class. Read the four paragraphs at the beginning. Click on the words in **bold** for a definition. Stop before the Nutrition Facts label. Read the sentences. Make a *T* for *True* if the sentence is right. Make an *F* for *False* if the sentence is wrong. For example:

_____ You can click on the words in bold for a definition. (The sentence is true. Put a *T* on the line.)

_____ The title of this reading is *How to Shop for Food*. (The sentence is false. Put an *F* on the line.)

Now do these:

 F Companies can decide not to put food labels on their packaged food.

 F Raw food must have food labels.

 T Packaged food didn't always have food labels.

 F The law about food labels was passed in 1970.

 T The food label has to include the name and address of the company.

 F A company doesn't have to list the ingredients in the food.

 T A serving is the amount of food you eat at one time.

2. Look at the Nutrition Facts label. Click on the different parts of the label and read the information. Answer the following questions about the label and the information:

What is the serving size for the food on the label? One cookie

Why do you have to read the label about the serving size carefully?

Because you want to know how much you are eating.

How many servings are in the package? ten

How many calories are in one cookie? 120