

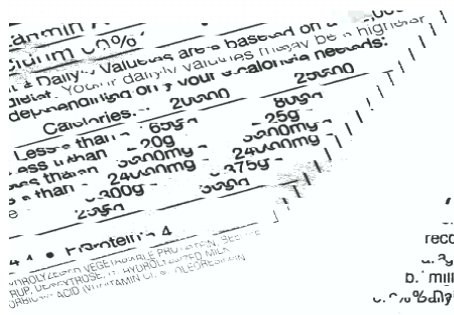
Food Labels Worksheet--Key

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.



Multie's Choice
 Circle the correct answer to the following questions about the new nutrition label.

6. Dietary recommendations for total fat, saturated fat, dietary fiber and protein are:

- a based on the number of calories a person eats
- b the same for all diets
- c only important to those people who have health problems

7. Multigrain is:

- a a nickname for whole grain
- b one way to see if a person's daily diet is meeting nutrition recommendations for that nutrient
- c a grain
- d milligrams

8. The serving sizes of similar food products are based on:

- a the amount of sugar in the product
- b food manufacturer recommendations
- c the size of the package

11. Which foods can be a part of a healthful diet?

