

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101

ชั้นมัธยมศึกษาปีที่ 3

ผู้สอน

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เรื่อง

Food Labels

Food Labels



ขอขอบคุณภาพ Jar.

จาก <https://pixabay.com/th/vectors/jar-lid-homemade-glass-container-576778/> (January 19, 2015)

Answer the questions

Why is this food healthy or not?
When is this food not healthy?



Nutrition Facts

Serving Size $\frac{3}{4}$ cup (27g)
Servings Per Container about 12

Amount Per Serving	Chocolate Cheerios	with $\frac{1}{2}$ cup skim milk
Calories	100	140
Calories from Fat	10	15
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 60mg	2%	8%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 9g		
Other Carbohydrate 13g		
Protein 1g		
Vitamin A	10%	15%

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Whole Grain Oats, Canola and/or Rice Bran Oil, Cocoa Processed with Alkali, Color Added, Salt, Dried Corn Syrup, Corn Bran, Barley Malt Extract, Trisodium Phosphate, Vanillin. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

MAY CONTAIN WHEAT INGREDIENTS.
DISTRIBUTED BY GENERAL MILLS CEREALS, LLC,
MINNEAPOLIS, MN 55440 USA
© 2009 General Mills
May be mfg. under U.S. Pat. Nos. 5,523,109 & 7,021,525

Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	4%	15%
Magnesium	2%	6%
Zinc	25%	25%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat (0.5g saturated fat, 0.5g monounsaturated fat), less than 5mg cholesterol, 240mg sodium, 250mg potassium, 29g total carbohydrate (14g sugars), and 6g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Answer the questions

When is the best time to eat this food?
Is this food healthy or not?



Nutrition Facts

2 servings per container
Serving size 1 cup (237mL)

Amount per serving
Calories **160**

% Daily Value*

Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	28%

Total Carbohydrate 24g	8%
Dietary Fiber 8g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%

Protein 7g	
Vitamin D 0mcg	0%
Calcium 29mg	3%
Iron 1mg	4%
Potassium 521mg	11%

* 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.

Answer the questions

When is this food from a food label?
Is this food healthy or not?



365 Organic Swiss Dark Chocolate with Almonds



Food Labels

Objectives

1. สามารถอ่านเกี่ยวกับบรรจุภัณฑ์อาหารได้
2. สามารถระบุรายละเอียดจากบรรจุภัณฑ์อาหารที่อ่านได้

Answer

Exercise 42.1-3

Read the food label
bellow and then
choose the best answer.



Exercise 42.1

FRANDS'

Essence of Chicken for children with Honey 5% is made from fine quality young chickens, fortified with vitamin B Complex and honey 5% that help nourish the body and promote appetite.

No preservatives and No colors added.

Suitable for children who are growing up.



Exercise 42.1

FRANDS'

Essence of Chicken for children
with Honey 5% is made from
fine quality young chickens,
fortified with vitamin B Complex



Exercise 42.1

FRANDS'

and honey 5% that help nourish the body and promote appetite. No preservatives and No colors added. Suitable for children who are growing up.



Exercise 42.1

1. Name of product :

☒ a. FRANDS

b. chickens

c. HONEY

d. Horse



Exercise 42.1

2. Kind of product :

a. Tonic

b. Dessert

☒ c. Drink

d. Shampoo

A decorative header featuring a stylized American flag with stars and stripes, and a large red star on the left side.

Exercise 42.1

3. Honey helps the body _____.

a. be stronger

b. love to eat

c. love

☒ d. a and b

A decorative header featuring a stylized American flag with stars and stripes, and a large red star on the left side.

Exercise 42.1

4. This food is made from_____.

a. honey

☒ b. young chickens

c. colors

d. water



Exercise 42.1

5. “No preservatives and no colors added” means _____.

- ☒ a. do not add preservative and colors
- ☐ b. add preservative and colors
- ☐ c. add preservative only
- ☐ d. add colors only



Exercise 42.2

BLACKMILK

DOUBLE BLACK

Black Sesame and Sinin Rice
Soy milk

SHAKE WELL

BEST BEFORE

01/08/2016



Exercise 42.2

1. Name of product :



a. BLACKMILK

b. Sinin Rice

c. SESAME

d. SOYMILK



Exercise 42.2

2. Kind of product :

a. Shampoo

b. Soap

c. Tonic

d. Drink



Exercise 42.2

3. DOUBLE BLACK comes from..... .

a. bean

☒ b. Sinin Rice and Sesame

c. Sinin rice

d. Soymilk and black beans



Exercise 42.2

4. It is made from..... .

a. Soy milk

b. Oil from animals

c. Oil from flowers

☒ d. Soymilk, Sinin Rice, Sesame etc.



Exercise 42.2

5. BEST BEFORE 01/08/2016 means

a. This product can be used after 01/08/2016

b. You can use this product all the time.

c. You have to eat this product before 01/08/2016

d. It is good to drink it in the evening.



Exercise 42.3

1. If on the food packet shows
“Exp. Date 20/02/ 2015” it means

- a. You have to eat this food before the 20th of February 2015.
- b. You can eat this food all the time.
- c. You can eat this food on 20 February 2015
- d. It is good to eat this food next year.



Exercise 42.3

2. Which one is wrong?

- a. You have to eat foods that say on the packet “high sodium.”
- b. Sodium is not good for your health.
- c. You have to read the food label before you buy the product.
- d. Chip is good for your health.



Exercise 42.3

3. Keep Fresh Without Refrigeration means ____.

a. You have to put this product in the refrigeration

b. You have to put this product in the refrigeration
before you eat it.

☒ c. No need to put this product in the refrigeration.

d. Good to keep this product in high temperature.



Exercise 42.3

SKOTCH

Prune Essence Concentrate plus Vitamins

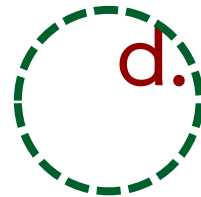
4. Name of product :

a. PRUNE

b. SUGAR

c. VITAMINs

d. SKOTCH





Exercise 42.3

5. If you drink this product you can get _____.

a. more water

c. more fat

☒ b. more vitamins

d. more vegetable



QUOTE OF THE DAY

**Those who have no time for
healthy eating will sooner or later
have to find time for illness.**