

Name:

Date:



Food labels

Do you know what a food label tells you? Fill in the blanks with the correct words.

N_____ Information
(per 100g)

Energy	1518 kJ/ 359 kcal
Fat	4.6g
saturates	0.6g
Carbohydrates	70.0 g
sugars	25.0 g
Fibre	8.9 g
Protein	9.3g

N___ of product:
Corn flakes

S_____:
Store in a cool, dry place.

Country of o_____:
Produce of the USA.



B___ B_____:
30 June 2015

Name and a_____ of manufacturer:
Produced by
Healthy Foods Co.
London WC16RQ

W_____ of product:
450 g

I_____:
Maize, Sugar, **Barley** Malt
Flavouring, Salt, Vitamins &
Minerals: Niacin, Iron, Vitamin
B6, Vitamin B2 (Riboflavin),
Vitamin B1 (Thiamin), Folic
Acid, Vitamin D, Vitamin B12.