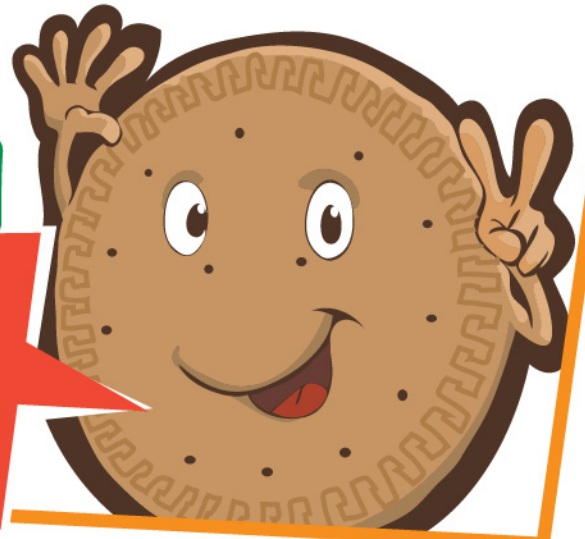


WHAT CAN A LABEL TELL YOU?



A label is an important document that can tell you a lot about the food in a package. A label can give you information; tell you how fresh the product is and how much time before the product is no longer good to eat. A label can even tell you how many servings or how many people you can feed with the product. A food label does not tell you everything but it can still guide you when making healthy choices. Let's see how much you can learn from this label.

Answers

What is the name of the Product?
100% Orange Juice

What is the volume of the Product?
200ml

What food group does it belong to?
Fruit

How many servings are there in this product?
1 serving

How many calories are there in this product?
115 calories

What is the expiry date or use by date of the product?
18-05-2022 or 18th May 2022

What are the first three ingredients?
Water, Orange juice concentrate and Vitamin C

