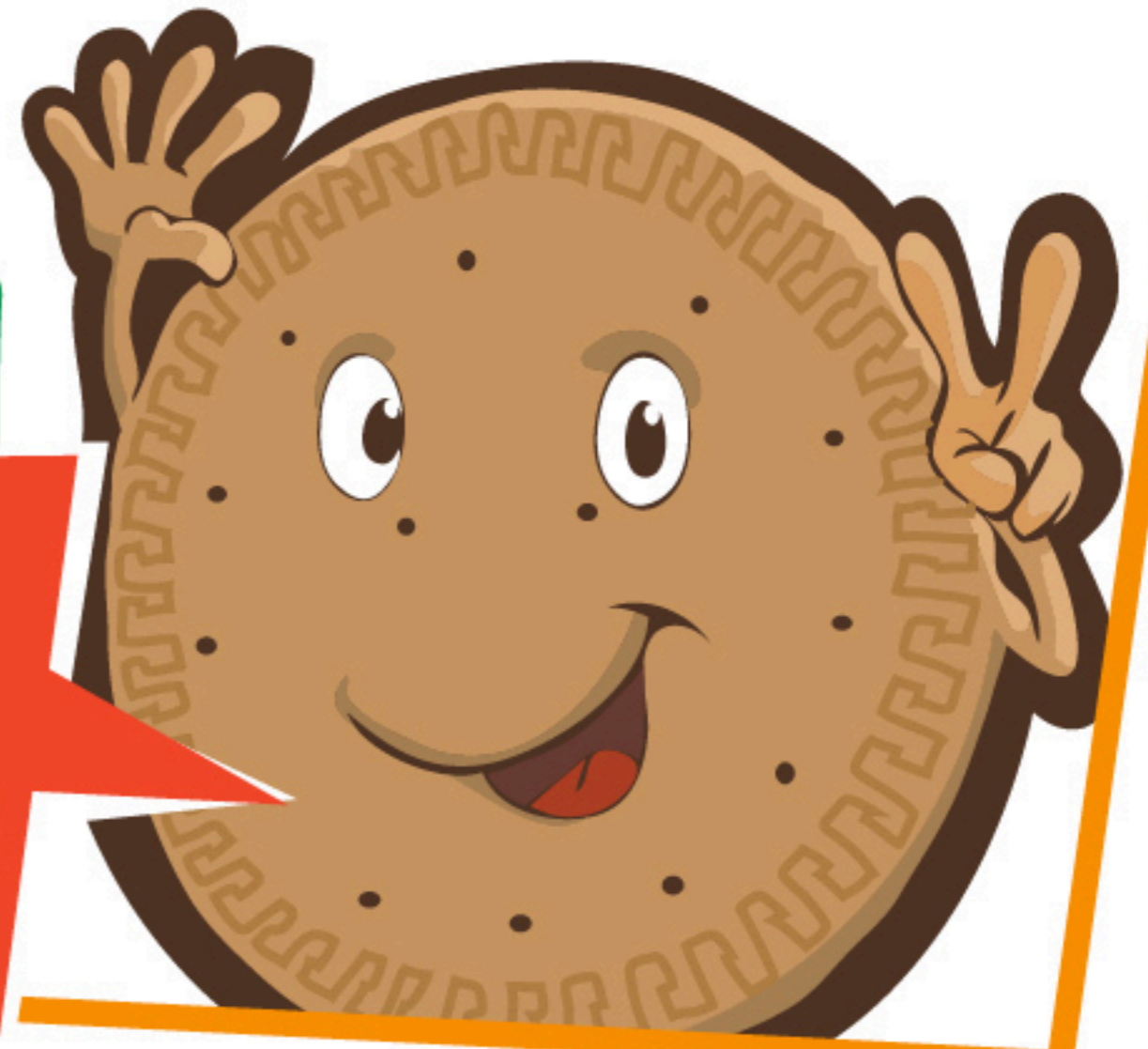


# WHAT CAN A LABEL TELL YOU?



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 longer 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.

**Instructions:** Here is a label of a food product. Answer the questions to see what you can learn about the product.



What is the name of the Product?

What is the volume of the Product?

What food group does it belong to?

How many servings are there in this product?

How many calories are there in this product?

What is the expiry date or use by date of the product?

What are the first three ingredients?

