

Sept 23, 2019

1) Reading a food label



Warm-Up

More than [REDACTED] and Reveal-Re million of Canadians read food labels to help them decide which foods to buy and eat.

Test on Wellness Unit Thursday!!

% calories from fat

$$\text{--- g} \times 9 \text{ cal/g} = \text{---} \\ \text{Calories / 1 serving}$$

carbs 4 cal/g
protein 4 cal/g

MSG monosodium
glutamate

Reading Nutrition Labels

Now that you understand some of the basics how do you find out if what you are eating meets the requirements. Read the nutrition labels on food.

How to read food labels Figure 11-2.



Food Label Activity/Assignment