

Do you like eating snacks? Having some tiny bites does not always make you gain weight. The food label below tells you why!

The 'ingredients' part **lists out** the food used to make the snack. You should read it carefully to see if the snack **contains** anything unhealthy.

Ingredients: Potatoes, Vegetable Oil, Salt, Sugar, Barbecue Seasoning Powder, Onion Powder, Garlic Powder

Nutrition Facts

Serving size: about 15 pieces
(The whole pack contains about 60 pieces)

Calories	160 kcal
Protein	3 g
Carbohydrates	20 g

The nutrition values on the label only refer to a **portion** of the snack. It means the whole pack of snack actually has more calories, sugar and fat than it is shown on the label.

A Look at the underlined words in the text. Match each of them to the word with the same meaning.

1. list out
(verb phrase)

2. consume
(verb)

3. contain
(verb)

4. portion
(noun)

eat

have

part

show

You should pay attention to the amount of fat and sugar in the snack. Eating too much fat or sugar can make you put on weight.

Total Fat			10 g
Saturated Fat			2 g
Trans Fat			0 g
Sugar			2 g
Sodium			190 mg
Vitamin A	2%	Vitamin C	12%
Vitamin B6	6%	Calcium	0%

'Sodium' means 'salt' in food. Eating too much salty food is bad for your body. Children should not **consume** more than 2000 mg of sodium each day.

B Fill in the blanks with the correct words from the text. Each word can be used **ONCE** only.

Points to Note about Snacks

✓ Choose healthy snacks

✓ Read the food

🔤 _____
(5 LETTERS)

carefully before you

buy a snack

✓ Check if the snack contains any additives in

its 🔤 _____
(11 LETTERS)

✗ Pick the snacks that are

high in 🔤 _____
(3 LETTERS)

and sugar

✗ Eat snacks that are too

🔤 _____
(5 LETTERS)