

**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  saturates | 4.6g  0.6g |
| Carbohydrates | 70.0 g |
| sugars | 25.0 g |
| Fibre | 8.9 g |
| Protein | 9.3g |
| Salt | 0.63 g |

N\_ \_ \_ of product:

Corn flakes

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.

Country of o \_ \_ \_ \_ \_:

Produce of the USA.

S \_ \_ \_ \_ \_ \_:

Store in a cool, dry place.