



Task Title: Nutrition Facts Labels

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will find information on a Nutrition Facts label from a box of crackers.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.1
- Understand and Use Numbers/Use measures/C3.2

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function (optional)

Learner Information

Most prepackaged foods in Canada come with a Nutrition Facts label that provides the serving size and nutritional information.

Scan the “Box of Crackers Nutritional Facts Label”.

Box of Crackers Nutritional Facts Label

Nutrition Facts	
Valeur nutritive	
Per 18 crackers (20 g) pour 18 craquelins (20 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 2 g	3 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 150 mg	6 %
Potassium / Potassium 115 mg	3 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Work Sheet

Task 1: What is the serving size for this package of crackers?

Answer:

Task 2: How many calories are in one serving?

Answer:

Task 3: How many grams of carbohydrates are in one serving?

Answer:

Task 4: How many grams of protein are in one serving?

Answer:

Task 5: If you ate 36 crackers (40g), how many grams of saturated fat would you consume?

Answer:

Task Title: NutritionFactsLabels_I_A2.1_C3.2

Task 6: If you ate 9 crackers (10g), how many grams of fiber would you consume?

Answer:
