



## Task Title: Nutrition Facts Labels

### OALCF Cover Sheet – Practitioner 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

| <b>Nutrition Facts</b>                              |                                       |
|---|---------------------------------------|
| <b>Valeur nutritive</b>                             |                                       |
| Per 18 crackers (20 g)<br>pour 18 craquelins (20 g) |                                       |
| Amount<br>Teneur                                    | % Daily Value<br>% valeur quotidienne |
| <b>Calories / Calories 80</b>                       |                                       |
| <b>Fat / Lipides 2 g</b>                            | <b>3 %</b>                            |
| Saturated / saturés 0.5 g<br>+ Trans / trans 0 g    | <b>2 %</b>                            |
| <b>Cholesterol / Cholestérol 0 mg</b>               | <b>0 %</b>                            |
| <b>Sodium / Sodium 150 mg</b>                       | <b>6 %</b>                            |
| <b>Potassium / Potassium 115 mg</b>                 | <b>3 %</b>                            |
| <b>Carbohydrate / Glucides 15 g</b>                 | <b>5 %</b>                            |
| Fibre / Fibres 1 g                                  | <b>4 %</b>                            |
| Sugars / Sucres 1 g                                 |                                       |
| <b>Protein / Protéines 1 g</b>                      |                                       |
| 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:

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**Task 2: How many calories are in one serving?**

Answer:

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

Answer:

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

Answer:

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

Answer:

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

Answer:

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## Answers

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

Answer: 18 crackers (20 grams)

**Task 2: How many calories are in one serving?**

Answer: 80 calories

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

Answer: 15 grams

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

Answer: 1 gram

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

Answer: double the serving size =  $0.5\text{g} \times 2 = 1$  gram of saturated fat

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

Answer: divide the serving size by two =  $1\text{ gram}/2 = 0.5$  grams of fiber

### Performance Descriptors

| Levels | Performance Descriptors   | Needs Work | Completes task with support from practitioner | Completes task independently |
|--------|---|------------|---|------------------------------|
| A2.1   | scans to locate specific details  |            |   |                              |
|        | interprets brief text and common symbols  |            |   |                              |
|        | locates specific details in simple documents, such as labels and signs  |            |   |                              |
| C3.2   | calculates using numbers expressed as whole number, fractions, decimals, and percentages                                      |            |   |                              |
|        | chooses and performs required operation(s); may make inferences to identify required operation(s)                             |            |   |                              |
|        | selects appropriate steps to reach solutions  |            |   |                              |
|        | uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation) |            |   |                              |

This task: Was successfully completed ☐ Needs to be tried again ☐

Task Title: NutritionFactsLabels\_I\_A2.1\_C3.2

Learner Comments:

Instructor (print):

Learner (print):