

This file has been downloaded from the Almanahj website



\*to download teacher files - theodor SITI NURUL SAIRAH Press here

The file: English of Communication Form worksheet

[Almanahj Website](#) ⇒ [American curriculum](#) ⇒ [9th Grade](#) ⇒ [English](#) ⇒ [Term 1](#)

More files for: 9th Grade subject English - Term 1

<a href="#">Grammar and vocabulary worksheet</a>	1
<a href="#">Answer the questions based on the audio given worksheet 2</a>	2
<a href="#">Answer the questions based on the audio given worksheet</a>	3
<a href="#">Vocabulary worksheet 6</a>	4
<a href="#">Vocabulary and Grammar worksheet</a>	5

## READING

Instructions : Read the notes about Nutrition Facts given. Fill in the blanks using the given number.

**Nutrition Facts**  
Serving Size 1 cup (236g)  
Serving Per Container 2

Amount Per Serving  
Calories 250 Calories from Fat 110

	% Daily Value*
<b>Total Fat</b> 7g	14%
<b>Saturated Fat</b> 3g	6%
<b>Trans Fat</b> 5g	10%
<b>Cholesterol</b> 50mg	10%
<b>Sodium</b> 470mg	94%
<b>Potassium</b> 210mg	42%
<b>Total Carbohydrate</b> 31g	62%
<b>Dietary Fibre</b> 6mg	12%
<b>Sugars</b> 5g	10%
<b>Protein</b> 5g	10%
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	20%
<b>Calcium</b>	20%
<b>Iron</b>	10%

\*Percent Daily Values are based on a diet of other people's secrets.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300mg	375g
Dietary Fibre	25g	30g

- Check the serving size**  
• Tells you how many servings in that food package.
- Look at the calories**  
• Tells you how much energy you will get from one serving of this food.  
• If you do not use up that energy, it gets stored as fat.
- Take note of fat, cholesterol and sodium**  
• Keep the fat, cholesterol, and sodium at only 5% or less.
- Make sure to get enough of dietary fibre and potassium**  
• Choose products with higher vitamin, calcium, iron, and fibre.
- Read the footnote**  
• This part contains the general information about the recommended daily amount of nutrient you should take.

**Teacher's Note**  
• Please read the examples.  
• Guide the pupils to read the food packaging label.

1

3

4

5

2

Read the footnote

Check the serving size

Take note of fat, cholesterol and sodium

Look at the calories

Make sure to get enough of dietary fibre and potassium