Quiz: Food Labels (CA)

QUESTIONS:

1. There are two main labels we use in Canada to let consumers know what the food item is made up of. These two labels are _____.
   a) Nutrition Facts Table
   b) Ingredients List
   c) Allergy Labels
   d) A and B

   _____

2. What is a serving size?
   a) How many people a product will feed
   b) It defines what size container to serve the product in
   c) The amount of the product listed as 1 serving
   d) Amount that will allow you to meet your daily needs

   _____

3. Which is not a part of the Nutrition Facts Label?
   a) Calories
   b) Allergens
   c) Fiber
   d) Cholesterol

   _____

4. **True or False**: A Percent Daily Value of 10% is considered **a lot**.

   _____

5. The Percent Daily Values are based on a total daily need calculation out of 100% for a _____ calorie diet.
   a) 2000
   b) 1800
   c) 2500
   d) 1500

   _____

6. **True or False**: The first ingredient listed in an ingredients list is used the most.

   _____

7. A Nutrition Facts Table lists an item as having 9.0g of fat total with 6.0g being saturated fat and 0.1g as being trans fat. How many grams of fat are considered "healthy" fat?
   a) 6.0 g
   b) 0.1 g
   c) 2.9 g
   d) 6.1g

   _____

8. Why are food labels important?
   a) Helps you to know what type of ingredients the food contains
   b) Can help you determine how much the food costs for its weight
   c) Provide health information
   d) All of the above

   _____

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ANSWERS:

1. **d)** A and B

2. **c)** The amount of the product listed as 1 serving

3. **b)** Allergens

4. **False**, 15% or more is considered **a lot**

5. **A)** 2000

6. **True**

7. **c)** 2.9 g

8. **d)** All of the above