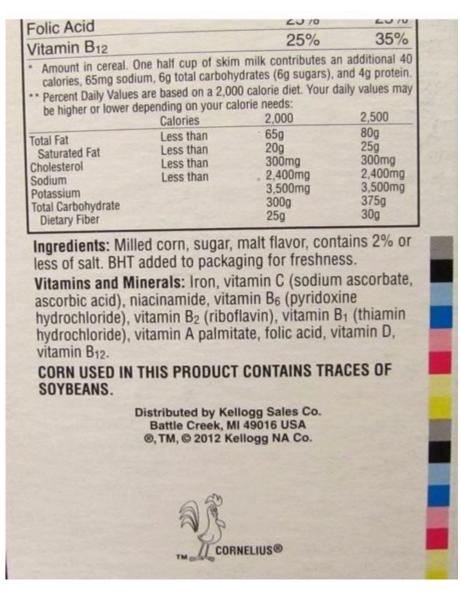
INGREDIENT LABEL

Every food product that is contained within a package must have an ingredient label. This label will show nutrition information on the product, a list of ingredients used in the product during preparation, and the serving size information.

Below is an ingredient label for cornflakes. Read the label carefully then answer the following questions..



QUESTIONS

Name: ______1. QUESTION

List the ingredients used to make the cornflakes.

2. QUESTION

According to the food group chart, what category would this product fall under?

3. QUESTION

What vitamin and mineral is highest in this product?

	iron		vitamin B	O	Calcium
C	vitamin C	C	vitamin A	0	folic acid

4. QUESTION

Who should be cautious to not consume this product?

- □ someone on a gluten-free and casein-free diet
- □ a diabetic
- a vegetarian
- someone with high-blood pressure
- □ a vegan
- \square someone with nut or beans allergies

5. QUESTION

What evidence do you have contained in the label that someone with a lot of allergies cannot eat this product?

- O The product contains a BHT additive.
- \square The product contains traces of soybean.
- \square The product has huge amounts of corn.

6. QUESTION

Which of the ingredients from the label is a food preservative?

- \square malt flavor
- \square BHT
- \bigcirc folic acid
- \square niacinamide

7. QUESTION

What does the abbreviation **BHT** means?

8. QUESTION

Is this a healthy product? Why?

9. QUESTION

You want to eat cornflakes for breakfast. What would you add to it to help make your breakfast balance?

	puff-rice cereal.
\Box	fracted compflate

frosted	cornflakes



 \Box low-fat milk

more cornflakes cereals

www.studyassistant.org