

OALCF Task Cover Sheet

Task Title: Nutrition Facts Labels

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ___ No ___	
Goal Path: Employment ___ Apprenticeship ___ Secondary School ___ Post Secondary ___ Independence ✓	
Task Description: The learner will read a Nutrition Facts label to find nutritional information about a product. The learner will calculate how changing the serving size affects the nutritional information.	
Competency: A: Find and Use Information C: Understand and Use Numbers	Task Group(s): A2: Interpret documents C3: Use Measures
Level Indicators: A2.1: Interpret very simple documents to locate specific details C3.2: Use measures to make one-step calculations	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• Learner information and instructions (next page)• Nutritional Facts label (with learner information and instructions, on next page)• Pen or pencil• Calculator (optional)	

Task Title: Nutrition Facts Labels

Learner Information and Tasks:

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

For these tasks you will be reading a Nutrition Facts label from a package of crackers (see label at bottom of page). You may use a calculator to help you complete tasks 6 and 7.

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

Task 2: How many calories are in one serving of this product? _____

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

Task 4: How much sodium is there in one serving? _____

Task 5: How much protein is in one serving? _____

Task 6: If you ate 36 of these crackers (40g), how many grams of saturated fat would you consume? _____

Task 7: If you ate 36 of these crackers (40g), how many grams of dietary fibre would you consume? _____

Nutrition Facts	
Valeur nutritive	
Per 18 crackers (20 g) pour 18 craquelins (20 g)	
Amount	% Daily Value
Teneur	% 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 %

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Answer Key

Task 1: 18 crackers or 20 g

Task 2: 80 calories

Task 3: 15 g

Task 4: 150 mg

Task 5: 1 g

Task 6: 36 crackers /18 crackers (1 serving) = 2 servings

2 servings * 0.5 g (saturated fat) = 1 g

Task 7: 36 crackers /18 crackers (1 serving) = 2 servings

2 servings * 1 g (dietary fibre) =2 g

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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A2.1	<ul style="list-style-type: none"> scans to locate specific details 			
	<ul style="list-style-type: none"> interprets brief text and common symbols 			
	<ul style="list-style-type: none"> locates specific details in simple documents, such as labels and signs 			
C3.2	<ul style="list-style-type: none"> Calculates using numbers expressed as whole number, fractions, decimals, and percentages 			
	<ul style="list-style-type: none"> Chooses and performs required operation(s); may make inferences to identify required operation(s) 			
	<ul style="list-style-type: none"> Selects appropriate steps to reach solutions 			
	<ul style="list-style-type: none"> 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 ___

Learner Comments

Instructor (print)

Learner Signature