

## Label Reading Post-Test

- 1) **The reason to read the label closely. If you see “Reduced Fat” or “Fat-Free” on the front of the package:**
  - a) It means that it will not taste very good as fats will add flavor to foods.
  - b) It will be cheaper as fat is expensive when added to a food product
  - c) It means that the food manufacturer has added another ingredient(s) such as sugar or salt to enhance the flavor.
  
- 2) **A product has 5% of the daily value (DV) for sodium, 10% of the daily value for total fat and 20% the daily value for fiber. This information on the label would indicate that the product is**
  - a) High in sodium, good source of fat and high in fiber
  - b) Low in sodium, good source of fat and low in fiber
  - c) Goods source of sodium, good source of fat and high in fiber
  - d) Low in sodium, good source of fat, and high in fiber
  
- 3) **On the new, updated food label, there is a statement providing the grams of Total Sugars, as well as Added Sugars?**
  - a) True
  - b) False
  
- 4) **Ingredients listed on the food label are listed in descending order by weight, means:**
  - a) The first ingredient listed is contained in the highest amount in the food.
  - b) The last ingredient listed is contained in the highest amount in the food.
  - c) It doesn't matter how the ingredients are listed.
  
- 5) **The importance of being able to read a food label is to:**
  - a) Know what is in the food that you are eating
  - b) To determine whether a food is as good of a product as the food manufacturer makes it sound on the label.
  - c) Make healthier food choices
  - d) All of the above
  - e) A and B only
  
- 6) **On the new, updated food label, the mg (milligrams) of calcium per serving is provided:**
  - a) False
  - b) True