

Name: _____

Date: _____

READING LABELS

Q C E K O T Q T P O T Z S R Z W P B C V B U Z C
H M Q M C C V Z C E A U A G C S A P A E J Z J G
Z Y V H A Z I S N S N C I L Q F E M R R T Q Z R
F E N D L V T S W W Y S U I D N A J B P I N R S
I C B P O A A Q L M S O B N F F H G O D R T W S
E X G S R D M Z I H O X J G P S N G H O V N R E
O A Q X I D I M B U D A R R K Q N A Y A W U C R
G B Y M E I N M E F I B S E G D V U D C H M Z V
V Z J G S T S D F S U S V D H K J Q R G B B D I
E H X G T I A K D R M E W I D M A S A T Y E E N
X I C G K V N U F B C N P E K E R O T Y M R I G
Y L A D P E D R X F D T J N T S F Y E X A O I S
O F A A U U M E T K B V Z T Z E F S S X P F A I
L A F X Q F I B U K E R L S N I D O T X W S E Z
N T L G Y D N U T R I T I O N A L V A L U E B E
T X B K C M E L X R A P R M Q K T I W R I R E B
U R L L Q M R V B Q H T D S Q W Q P A Z X V H X
F F V O X J A S R Q S B V U B S L A Z Z I I R Y
W D U U R B L M Y V F Q Z K Q I M Y G R F N Z S
T Q Q K U A S M I X S P R O T E I N W V C G W B
T W A W W A E P H X F Y X V J N X C I I P S X G
C I K N S T U N Q Q G D E X G F X S S A L M O Y
V P Y N T I N U H W I E T N H K A O A O D R Y S
C H R P L E X P E R A T I O N D A T E P M H S X

Vitamins and minerals

Number of servings

Nutritional value

Expiration date

Carbohydrates

Serving size

Ingredients

Additive

calories

Protein

Sodium

Fat