

7: Examine the label shown to answer the questions.

Nutrition Information

| Typical Values | Per 100g | Per Serving 1/4 Pie |
|--------------------|-------------------|------------------------|
| Energy | 1027kJ 246kcal | 1284kJ 308kcal |
| Fat | 1.3g | 1.6g |
| of which saturates | 0.4g | 0.5g |
| Carbohydrate | 19.7g | 24.6g |
| of which sugars | 1.6g | 2.0g |
| Protein | 7.8g | 9.7g |
| Salt | 1.0g | 1.3g |

$$\begin{array}{r}
 100 \\
 \times 1.3 \\
 \hline
 300 \\
 100 \\
 \hline
 1,300 \text{ g}
 \end{array}$$

$$\begin{array}{r}
 \cancel{1} \cancel{3} \\
 \cancel{0} \cancel{0} \\
 \cancel{0} \cancel{0} \\
 \hline
 \cancel{1} \cancel{3} \cancel{0} \cancel{0} \text{ g}
 \end{array}$$

$$\begin{array}{r}
 \cancel{1} \cancel{3} \\
 \cancel{0} \cancel{0} \\
 \hline
 \cancel{5} \cancel{2} \cancel{0} \cancel{0} \text{ g}
 \end{array}$$

a) How much salt is in 100g of this product?

1g

b) How much sugar is in one serving of this product?

2g

c) How much fat is in one serving of this product?

1.6g

d) Comparing the salt values; is one serving more or less than 100g of this product?

More

e) Estimate in grams (to the nearest 100g) the entire mass of the product.

500g

LIFESTYLE: The way an individual chooses to live, and the choices they make will affect health of the individual.