

### Label Related Questions:

In the following the words in red would be randomly selected. **NUTRIENT** would be replaced by a nutrient in the label (protein, fat, etc.). **NUMBER** would be replaced by a value between 1 and 3. **FOOD GROUP** would be replaced by a food category and **FOOD CATEGORY** would be replaced by a food sub-category.

### Reading a single label

1. How many servings of this food would you need to consume the daily recommended value of **NUTRIENT**?
2. What is the quantity of **NUTRIENT** in **NUMBER** of servings of this product?
3. If you had **NUMBER** of servings of this item would you consume more than the daily recommended value of **NUTRIENT**?
4. If you consumed the whole pack of the product what quantity of **NUTRIENT** would you consume?
5. Does this product have the **LOWEST/HIGHEST** quantity of **NUTRIENT** among **FOOD GROUP** products?
6. Does this product have the **LOWEST/HIGHEST** quantity of **NUTRIENT** among **FOOD CATEGORY** products?
7. Are there **FOOD GROUP** products that have a **LOWER/HIGHER** quantity of **NUTRIENT**?
8. Are there **FOOD CATEGORY** products that have a **LOWER/HIGHER** quantity of **NUTRIENT**?
9. Looking at the **NUTRIENT** amount here would you look for an alternative product in the **FOOD CATEGORY** category?

### Comparing two labels

1. Which product has a **HIGHER/LOWER** content of **NUTRIENT**?
2. If you were to have **NUMBER** of servings of any of the two items which would you choose to get closest to the daily value of **NUTRIENT**?
3. Which product belongs to a food group that has a **WIDER/NARROWER** range of **NUTRIENT**?

4. Which product belongs to a food category that has a **WIDER/NARROWER** range of **NUTRIENT**?