

# Food and Drink Labels

All food and drink products have a label on them. A label usually contains information about the following:

- **Serving size and nutritional information:**
  - A label tells you how much of a food or drink is in one serving. A serving is how much is recommended to eat at once. It will also tell you how many calories are in each serving.
- **Ingredients that are in the food or drink**
- **Expiration date (when the food or drink should be eaten by)**
- **Other important information:**
  - A notice about whether the food or drink was made in a facility that contains nuts or dairy. People who have severe allergies cannot eat foods that are made in places where there could be something they are allergic to.
  - Information about vitamins that are found in a drink. For example, Vitamin C is found in orange juice.
  - Where the product was created (name of the facility and location)

**CONTAINS 100% JUICE**

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 120	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Potassium</b> 290mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Sugars 28g	
<b>Protein</b> 0g	
<b>Vitamin C</b>	<b>120%</b>
<b>Iron</b>	<b>4%</b>
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet.	
WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).	

# Producing a New Drink

You will create a new drink by mixing a base liquid with other ingredients. A base liquid is the amount of liquid that forms the base of the drink.

**Step 1: Choose which type of drink you want to create. (Circle your answer)**

Flavored Water

Soda

**Step 2: Pour a little bit of a base liquid into a cup.**

- If you want to create flavored water, use water as your base.
- If you want to create soda, choose sparkling water as your base.
  - Tip: Do not use all of the base liquid you were given. You will want to save some in case you start over and need more of the base.

The base I am using is: \_\_\_\_\_

**Step 3: Add ingredients to your base**

You can add any of the following ingredients to your base. You should choose how much of each ingredient you want to add. Before you add the ingredient, think about how the flavor of the drink or the color will change.

- Pieces of fruit
- Food coloring
- Juice

Write down what you add to the column Trial 1 on the next page.

	Trial 1	Trial 2	Trial 3
Ingredient 1			
Ingredient 2			
Ingredient 3			
Ingredient 4			
Ingredient 5			
Ingredient 6			

## Step 4: Taste your drink!

If you like the drink, move on to creating a label. If you don't like the drink, you can make changes! You can add another ingredient or you can dump out the drink and start over and do a second trial. If you want to start over, go back to Step 1. When you get to Step 3, fill in the ingredients for Trial 2. If you need a third trial, you know what to do!

# Make a Food Label

**Fill in the label below. Make sure to include the following:**

- All ingredients in your drink
- Expiration date (you will make up your own expiration date)
- Other important information:
  - Notice for people with allergies (For example, you can write that your drink was made in a facility that contains nuts or dairy)
  - The name of the facility and state that the drink was produced in
  - Any other points you want to add

## Nutrition Facts

Ingredients: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Expiration Date: \_\_\_\_\_

Other Important Information: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_