

Worksheet 1-1: Palak Paneer Label Analysis

Instructions: Use the label for frozen palak paneer to answer the questions that follow on a separate sheet of paper.

DIRECTIONS: (Do not thaw)

Microwave Oven:

1. Remove tray from carton and puncture film 3-4 times.
2. Heat on high setting for 3 minutes.
3. Remove film completely.
4. Gently stir contents, turn dish and heat for additional 2 minutes.
5. Gently stir before serving

Conventional Oven: See side panel.

INGREDIENTS:

Spinach, Paneer (Milk, Part Skim Milk, Vinegar, Salt), Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Cream, Onions, Tomato Puree (Water, Tomato Paste, Citric Acid), Milk, Canola Oil (Expeller Pressed), Water, Spices, Sea Salt, Garlic, Green Peppers, Turmeric, Bay Leaves, Citric Acid.

Allergens: Milk

Made in a facility that processes peanuts, tree nuts, soy, milk and wheat.

Cheery Chef Foods, Inc.
Belmont, CA 94002

Nutrition Facts

Serving Size 5 oz. (142g)

Servings Per Container 2

Amount Per Serving

Calories 170

Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 6g 31%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 600mg 25%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 9%

Sugars 1g

Protein 6g

Vitamin A 35% • Vitamin C 30%

Calcium 8% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

1. Who is the manufacturer of your product?
2. a. What is the serving size of your product?
b. Does this seem reasonable to you based on your perception of portion sizes?
3. How many servings are in each container of your product?
4. a. How many grams of total fat are in your product?
b. How many calories does this represent?
5. What total calorie per day diet is the label information based on?
6. How can this product be prepared?
7. a. Which ingredient is present in the highest amount?
b. Why might this information be important to know?
8. a. What ingredient is present in the least amount?
b. What is this ingredient?
9. What percentage of the Daily Value for vitamin A is contained in this product?