**BIOMOLECULES and THE LABEL WE SHOULD BE READING**

Biomolecules: The molecules of life. Three of the four

biomolecules required for living beings must be consumed

through food. To ensure to are receiving the correct amount

of each molecule, food labels include the provide the

information for you. You just have to know how to read it.

1.You must consume which of the 4 biomolecules through

food? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. What unit of measurement is used to measure the

biomolecules on this label?

3. **Circle** the number of carbohydrates on this label and

write the amount here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Put a box around the amount of proteins on this label

and write it here \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Tricky….Underline and write down the number of lipids

on this label and write it here \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now it’s your turn…turn the page over

1. What is your food or drink product? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Complete the Food Label by putting your food or drink item’s information onto the label below. Then answer the questions below.



**Circle** the number of carbohydrates on this label and write the amount here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Put a box around the amount of proteins on this label and write it here \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Underline and write down the number of lipids on this label and write it here \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_