Food labels

1. Explain why food labels are required on some foods.

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1. Name three examples food that we buy that do not have labels.

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1. Identify the eight pieces of information required by law on a food label.

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1. List two pieces of additional information that may also be provided on a food label.
2. Name the two types of date marks found on food labels and explain what they mean.

1.

2.

1. Name the common 14 allergens that must be clearly identified on an ingredients list.

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