I wish I read the labels for these snacks!

àÉ

Wednesda

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Digest

HATEVER food products we buy, there is something that we should always read: the <u>label</u>. A food label is like the ID card of food. It reveals what the food is made up of.

The food label tells us what the product contains and where it is made. It shows

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us what nutrients it gives our body so that we can choose healthier options. Big Dee and Bobby are reading some food labels in the supermarket. Read on to see what they have found.

Vocabulary Builder

label

│ label (n) 標籤

• The shopkeeper put a **label** on the canned food.

Goodies Learning Card

Standa

- label (v) 標記
- Miss Dolphin **labels** her paper cup with a drawing of a heart.

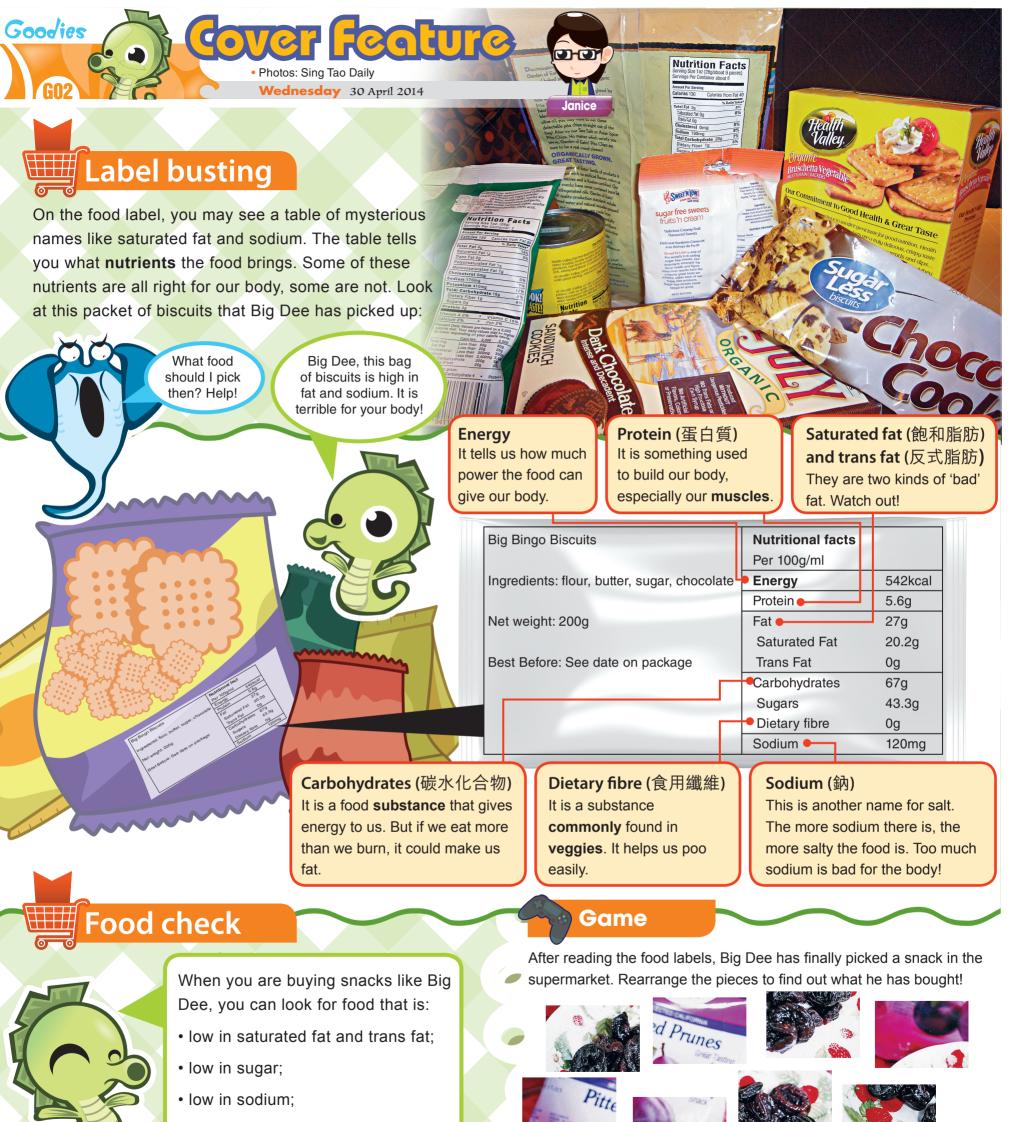
Editor's Note

Hi! Every time I watched the bun scrambling competition on the TV for the last seven years, one thought always came to my mind: What do those buns taste like? Another thought is why those buns are not squashed when

the competitors step on them. Recently, I learnt they are not real buns. What a let down! It is still fun to watch, though. Read more about the Cheung Chau Bun Festival on G08.



21-24°C



• high in dietary fibre.

Vocabulary

nutrient (n) 營養 energy (n) 能量 muscle (n) 肌肉 substance (n) 物質

commonly (adv) 普遍地 veggie (n) 蔬菜

