

SIP SMART! BC™

CHECK THE LABEL FIRST!

Name _____

Date _____

Read the ORANGE BLAST label!

Nutrition Facts		Ingredients	
Per 1 bottle (355 mL)		<ul style="list-style-type: none"> • filtered water • sugar / glucose-fructose • concentrated fruit juice (orange, lime) • citric acid • vegetable oil • ascorbic acid (vitamin C) • artificial flavour • colour • caffeine 	
Amount	% Daily Value		
Calories 184			
Fat 0 g	0 %		
Saturated 0 g	0 %		
+ Trans 0 g	0 %		
Cholesterol 0 mg	0 %		
Sodium 170 mg	7 %		
Carbohydrate 41 g	14 %		
Fibre 0 g	0 %		
Sugars 38 g			
Protein 0 g			
Vitamin A 0 %	Vitamin C 70 %		
Calcium 0 %	Iron 0 %		



1) Which ingredients did you not expect in a refreshing and fruity drink?

2) Does the message of the ad match the ingredient list?
