

Aluno (a): _____

Escola: _____

Data: ____/____/____ Ano de Escolaridade: 7º

Professor (a) _____

Semana 07 – de 22 a 26 de março

01-Leia as informações da embalagem abaixo e assinale a alternativa correta:

AMERICAN STYLE DEEP DISH PIZZA WITH HAM & MUSHROOM.

COOKING INSTRUCTIONS
Keep frozen until ready to use. These are guidelines only.
NOTE: For a crisper crust, prepare in conventional oven.

CONVENTIONAL OVEN:

- Preheat oven to 375°F/190°C/Gas Mark 5
- Remove pizza from all packaging, discard the cardboard tray, and place directly on to oven shelf.
- Bake for 20 -22 minutes at the top of the oven.
- Check product is hot throughout before serving and that the cheese is melted and tightly browned.

CAUTION: FILLING WILL BE EXTREMELY HOT!

MICROWAVE:
Remove pizza from wrapper and place on the enclosed microwave tray.

 Microwave:	750W or D	850W or E
Heat on Full for:	3½ mins	3 mins
Stand for:	1 min	1 min

NOTE: Please do not attempt to microwave more than one pizza at a time. Due to microwave oven variances, heating times may require adjustment. Ensure product is hot before serving.

INGREDIENTS:
Wheatflour, tomato puree, mozzarella cheese (13%), water, reformed smoke flavoured ham (6%) (contains stabilisers: di-tripolyphosphates; flavouring, preservative: sodium nitrite; antioxidant: sodium ascorbate), mushrooms (6%), maize flour, hydrogenated vegetable oil, yeast, vegetable oil, sugar, salt, modified maize starch, onion powder, flavourings, colour: beta carotene; flour treatment agent: E920.

MADE WITH NO GENETICALLY MODIFIED INGREDIENTS.

NUTRITIONAL INFORMATION

Typical values (as sold)	Per 100g
Energy	947
K Joules	225
K Calories	10.0g
Protein	29.4g
Carbohydrate	7.5g
Fat	

STORAGE INSTRUCTIONS
KEEP FROZEN. DO NOT DEFROST
Maximum recommended storage times:
Food Freezer*  3 Months Until Best
'Star Marked'  3 Months Before Date
Frozen Food  1 Month
Compartment  1 Week
Ice-Making Compartment 3 Days
Refrigerator 24 Hours
* Must be -18°C or Cooler
DO NOT REFREEZE IF DEFROSTED.

FOR BEST BEFORE: SEE SIDE OF PACK

2x170g (340g) e

a) Esta é uma embalagem de:

frango congelado

bolo

pizza

doce

b) Em relação às instruções de preparo, o consumidor deve:

Pré-aquecer o forno, remover o produto da embalagem, jogar a bandeja de papel fora e colocá-lo na prateleira do forno.

Remover o produto da embalagem, manter a bandeja de papelão e colocar no forno.

Colocar no forno micro-ondas por 10 minutos.

c) As calorias consumidas em 100g do produto equivalem a:

947 cal

225cal

10 cal

7.5cal

d) A palavra **microwave** significa:

forno convencional

micro-ondas

bandeja

e) Qual é o peso total do produto a que se refere esta embalagem:

170g

340g

480g

