

HOW TO INTERPRET DATA FROM A TABLE /CHART

(Could be used as part of a Question 1)

- Take a moment to read the title of the chart
- Look at the information given
- Read the question carefully
- Do not attempt to answer the question until you are sure you understand the table / chart
- Write down the key points of information clearly for yourself before you start answering the question

SAMPLE TABLE

The carbohydrate in 100 grams of food	
Food 100 grams	Carbohydrate (grams)
Boiled rice	30
Boiled potatoes	20
Boiled pasta	26
White bread	50
Banana	19
Baked beans in tomato sauce	10
Cornflakes	85
Milk	5
Sugar	100

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NOW LET'S EXAMINE IT CLOSELY

Info is given per 100g which means all the data is out of a 100 we can convert it easily to percent % if needed e.g. Sugar is a 100% carbohydrate compared to milk which is just 5%.

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Look at the range of products given e.g animal / plant foods

Always 'highlight' the highest and lowest figures

**If you are given a table / chart in your question you are expected to use the figures / information in your answer. Don't be afraid to state the obvious- the question is usually testing to see if you can read and interpret the data given.

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