

Session 12b worksheet

Food labelling



1. What is the name of your product?

2. Look at the nutrition panel on the packet and write down the values for fat, saturated fat, sugar and salt on the chart below. Using the ready reckoner card, work out which traffic light category the product would come under for each of the nutrients, and write it on the chart below.

	Amount per 100g	Traffic light colour
Fat		
Saturated fat		
Sugars		
Salt		

(To work out salt content if they only give you sodium, multiply the amount in grams by 2.5)

3. Is the 'sugars' content amber or red? If so, look at the ingredients list. Can you see added sugar on the ingredients list (sugar, anything ending in 'ose', honey, treacle, syrup)? If so, list these below.

4. Are there any other claims on the front of the pack, e.g. 'low fat', 'organic', 'healthy eating'? If so, list these below.

5. If yes, do you think these are fair or misleading?

6. What would your advice be to someone wanting to know if they should eat the product or not?
