## Food Nutrition Labelling

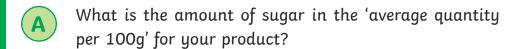
Challenge Cards

## Food Nutrition Labelling

Challenge Cards

Food Nutrition Labelling Challenge Card

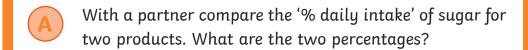






Food Nutrition Labelling Challenge Card





B Which product is healthier and why?



Food Nutrition Labelling Challenge Card

3 Salt

- A What is the amount of salt in the 'average quantity per 100g' for your product?
- B Is this a healthier choice food? Why?

Food Nutrition Labelling Challenge Card

4) Salt

- With a partner, compare the '% daily intake' of salt for two products. What are the two percentages?
- B Which product is healthier and why?

Food Nutrition Labelling Challenge Card

5 Fat

- What is the amount of fat in the 'average quantity per 100g' for your product?
- B Is this a healthier choice food? Why?

Food Nutrition Labelling Challenge Card

(6) Far

- With a partner, compare the '% daily intake' of fat for two products. What are the two percentages?
- B Which product is healthier and why?

Food Nutrition Labelling Challenge Card

- 7 Fibre
- What is the amount of fibre in the 'average quantity per 100g' for your product?
- B Is this a healthier choice food? Why?

Food Nutrition Labelling Challenge Card

- 8 Fibre
- With a partner compare the '% daily intake' of fibre for two products. What are the two percentages?
- B Which product is healthier and why?

Food Nutrition Labelling Challenge Card

- 9 Observations
- A Look at the product. What are the sugar, salt and fat 'average quantity per 100g'?
- B What observations can you make about that product?

Food Nutrition Labelling Challenge Card

- (10) Observations
- Compare the products. What are the sugar, salt and fat 'average quantity per 100g'?
- B What observations can you make about which product is a healthier choice and why?

