

Food Nutrition Labelling

Challenge Cards

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1 Sugar

A What is the amount of sugar in the 'average quantity per 100g' for your product?

B Is this a healthier choice food? Why?

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2 Sugar

A With a partner compare the '% daily intake' of sugar for two products. What are the two percentages?

B Which product is healthier and why?

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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?

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4 Salt

A With a partner, compare the '% daily intake' of salt for two products. What are the two percentages?

B Which product is healthier and why?

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5 Fat

A What is the amount of fat in the 'average quantity per 100g' for your product?

B Is this a healthier choice food? Why?

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6 Fat

A With a partner, compare the '% daily intake' of fat for two products. What are the two percentages?

B Which product is healthier and why?

7 Fibre

A What is the amount of fibre in the 'average quantity per 100g' for your product?

B Is this a healthier choice food? Why?

8 Fibre

A With a partner compare the '% daily intake' of fibre for two products. What are the two percentages?

B Which product is healthier and why?

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?

10 Observations

A 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?