

YEAR 9 Tracking 3 exam revision list

Food labeling

Vitamins

Minerals

Vitamin and mineral relationships

Keywords and meanings

Able to read a nutrition label

Know what g, kj and mg stand for

Food labeling

On a label the ingredients listed states the biggest ingredients first for example the largest ingredient on this label below is whole milk. Labels also state servings and nutritional information you must be able to read these labels correctly and calculate the amount of energy in a product with the provided information

NUTRITION INFORMATION		
Servings per package: 4		
Serving Size 150g		
	Quantity per serving	Quantity per 100g
Energy	600kj	450kj
Protein	4.2g	3g
Fat, total	7.4g	5g
- saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
-Sugars	18.6g	12.4g
Sodium	90mg	60mg
Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), plum (3%), pear (2%), gelatin, culture, thickener (1442)		
All quantities above are averages		