

14.



Subject: HEALTH

* Nutritional Information

* Reading Food Labels

Name:

C. Nutritional information & Food Labels

Nutrition and allergy information on food labels help us to make informed food and drink choices.

1. Look at and discuss these guidelines. These are healthy suggestions, but if you require a special diet, then you will need to create your own guidelines. A nutritionist can help you with this.

NUTRITION: DAILY AMOUNT GUIDELINE

	MEN	WOMEN	CHILD aged 5-10	GIRL 11-14	BOY 11-14
CALORIES	2500	2000	1800	1850	2200
SUGAR (g)	120	90	85	90	105
FAT (g)	95	70	70	70	85
SATURATED FAT (g)	30	20	20	25	25
SALT (g)	6	5	4	5	6

2. With these guidelines in mind, comment on the nutritional information below.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

3. Explain why food labels are required on some foods.

4. Name three examples food that we buy that do not have labels.

5. Name the two types of date marks found on food labels and explain what they mean.



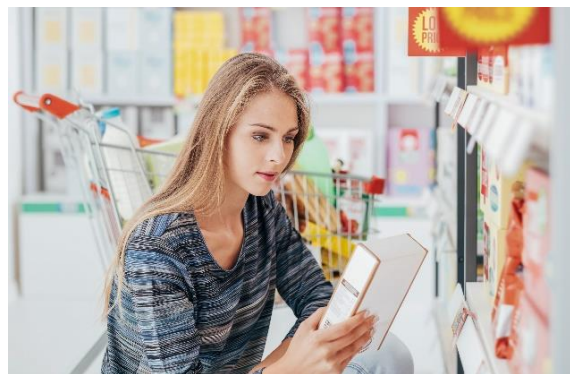
6. Read: Manufacturers include a range of information on food labels, some of which is legally required and some of which is useful to the consumer or supermarket.

Information that often appears on a nutritional label:

- * name of food or drink
- * list of ingredients (including additives and allergens)
- * weight or volume
- * date mark
- * storage and preparation conditions
- * name and address of the manufacturer, packer or seller
- * country of origin and place of provenance
- * nutrition information

Sometimes, food labels could include:

- * price
- * customer guarantee
- * serving suggestion
- * photograph or image of the food
- * bar code



1. Look at the allergens below:

14 FOOD ALLERGENS



2. Look at some food labels. Find allergen information. Give examples of what you find.

3. Each student must bring in a few food labels to class.

Activity

Get into groups. Study the food labels and discuss the information. Fill in the table below for 5 labels that you study. Tick ✓ the correct columns.

Does the label have this information?	Label 1	Label 1	Label 1	Label 1	Label 1
Name of food or drink					
List of ingredients					
List of additives					
List of allergens					
Weight or volume					
date mark					
Storage conditions					
Preparation conditions					
Name and address of the manufacturer					
Country of origin					
Nutritional information					
Price					
Customer guarantee					
Serving suggestion					
Photograph of the food					
Bar code					
Other:					
Other:					
Other:					
Other:					
Other:					

4. Read the information. Answer the questions.

MOZZARELLA

Nutrition Facts

CHEESE

PER 100G / 300 KCAL

22g
FAT

79mg
CHOLESTEROL

627mg
SODIUM

2.2g
CARBOHYDRATE

22g
PROTEIN



14%
VITAMIN A

0%
VITAMIN C

50%
CALCIUM

2%
IRON

a) How much cholesterol is there in this cheese?

b) About how many calories would 300g have?

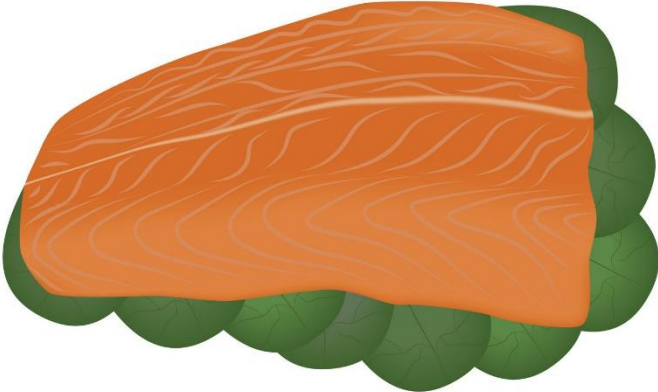
c) How much fat would there be in 50g?

d) Would this be suitable for vegetarians?

e) Name 2 dishes that contain mozzarella cheese.

5. Read the information.

Salmon Nutrition Facts



Nutrition Facts	
Serving Size 1/2 fillet	178 g
Amount Per Serving	
Calories 367	Calories from fat 198
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 4g	22%
Trans Fat 0g	
Cholesterol 112g	37%
Sodium 109mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 39g	
Vitamin A	2%
Vitamin C	11%
Calcium	3%
Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The serving size is 178

It contains 11

of the Vitamin C we need daily.

It contains

grams of total fat.

It contains 109

of sodium.

It has a total of

calories.

A full fillet contains

grams of protein.

Name 2 dishes that contain salmon.

6. Look at the label. Comment on the nutrition.



Nutrition facts

Serving size 1 cup (9 oz - 255g)
Servings per container 2

Amount per serving
Calories 485 Calories from fat 220

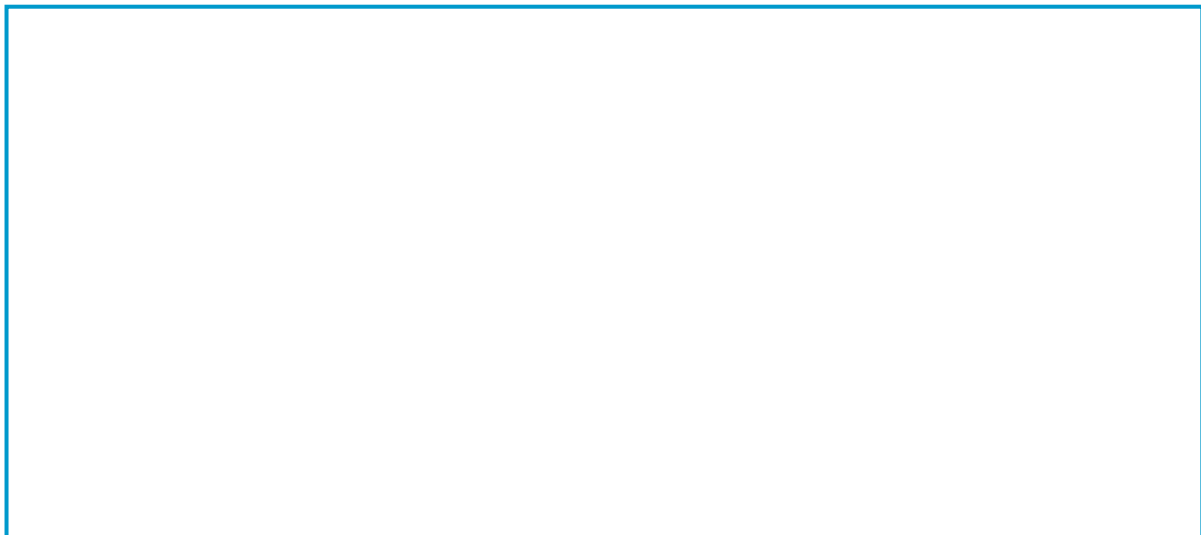
	% Daily Value*
Total fat 1 oz - 28 g	32%
Saturated fat 0.5 oz - 14g	38%
Trans fat 0.2 oz - 6g	
Sodium 0.03 oz - 0.9g	13%
Total carbohydrate 1.5 oz - 42g	11%
Dietary fiber 0 oz - 0g	0%
Sugars 0.2 oz - 6g	
Protein 0.2 oz - 6g	
Vitamin A 5%	Calcium 18%
Vitamin C 3%	Iron 6%

* Percent Daily Value are based on a 2500 calorie diet. Your Daily Value may be higher or lower depending on your calorie need.

Quick Guide to % Daily Value:

5% or less is low

20% or more is high



Activity

- * Study nutritional labels on foods and rate the foods, based on their nutritional value.
- * Create a display of nutritional labels and packaging, with descriptions of whether the items are healthy or not.

7. Study the label below and write a short paragraph about the nutritional value of tomatoes.



TOMATO					
NUTRITIONAL FACTS PER 100G					
PRINCIPLE		VITAMINS		MINERALS	
		Percentage of RDA*			
Energy	18 Kcal	Vitamin K	10%	Potassium	7%
Carbohydrates	3.9 g	Vitamin A	17%	Manganese	6%
Protein	0.9 g	Vitamin C	21%	Magnesium	3%
Total Fat	0.2 g	Vitamin B ₆	4%	Copper	3%

*Recommended Dietary Allowances

8. Name 2 dishes that contain tomatoes.

9. Do this as a group. Compare the nutrition of a packet of soup with making the soup from scratch.

Activity



	Packet of soup	Homemade soup
Ingredients		
Nutritional information		
Preservatives / Additives		
Taste		
Cost per serving (roughly)		
Other info		

10. Read the food label below.



11. Would this be a healthy spread for your sandwiches? Explain.

12. Compare this spread with other sandwich spreads. Check the labels! Which is the healthiest spread you found? Write about it below.



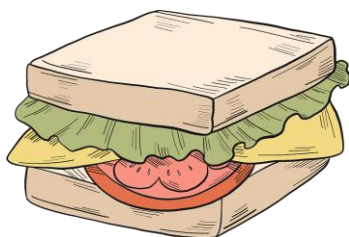
Activity

19. Do this as a group. Investigate two types of bread. Compare the labels of a white loaf of bread and a whole meal loaf of bread. Fill in the table.

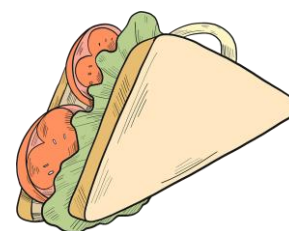
Bread comparison:

Per 100g		White bread	Whole meal bread
Energy	kJ		
	kcal		
Fat g			
Of which saturates g			
Carbohydrate g			
Of which sugars g			
Fibre g			
Protein g			
Salt g			

Explain the nutritional differences between the wholemeal bread and the white bread.



Which bread provides more fibre? Why is this important in the diet?



Activity

20. Do this as a group. Make a comparison between two types of tin baked beans – one standard and one with reduced salt and/or sugar.

beans comparison:

Per 100g		Standard baked beans	Reduced salt and/or sugar baked beans
Energy	kJ		
	kcal		
Fat	g		
Of which saturates	g		
Carbohydrate	g		
Of which sugars	g		
Fibre	g		
Protein	g		
Salt	g		

Which one do you think is healthier? Give good reasons for your answer.



21. Beware of hidden sugar in your food! Here are some other words for sugars.

WHERE'S ALL THAT SUGAR HIDING?

Agave nectar - Agave syrup - Barley malt - Beet sugar - Brown rice syrup - Brown sugar - Buttered syrup - Cane sugar - Cane juice - Corn syrup - Corn sugar - Corn sweetener - Crystallized fructose - Dextran - Dextrose - Diastase - Fructose - Glucose - Golden sugar - Grape sugar - Honey - Invert sugar - Lactose - Malt - Maltodextrin - Maltose - Maple syrup - Molasses - Raw sugar - Sucanat - Sucrose - Sugar - Yellow sugar



Look at some labels and state how much sugar is in the products. Fill in the table below.



Product	Sugar



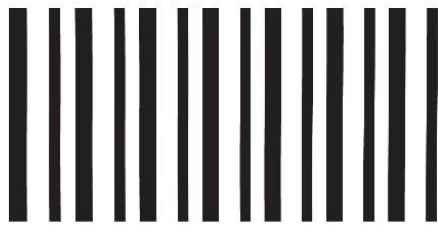
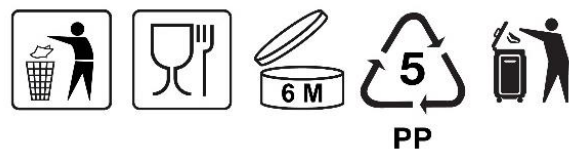
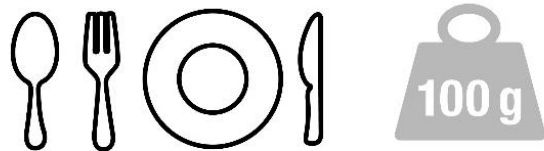
22. In your class, discuss these elements of a food label. Make sure you understand how to read such a label, so that you are fully informed of what you are eating.

MFG : 29/10/2018
 EXP : 29/10/2022

Nutrition Facts	
Serving Size 1 Slice (33g/1.16oz)	
Servings Per Container 3	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrates 19g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	



3.53 oz / 100 g



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