

How much food is in your food?



Ingredients: Water, vegetable stock (water, stock powder, flavourings), carrots, potatoes, beef (7%), spice mix, salt, flavourings, colour (E122)

By law, food companies must tell you how much of the 'characterising ingredient' is in the food. In a tin of beef stew, the 'characterising ingredient' is beef.

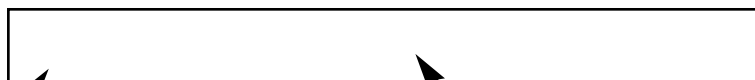
1. What percentage of beef does this stew contain?

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2. How many grams (g) of beef would you eat if you ate the whole tin (100g)?

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3. This rectangle represents 100 per cent of the ingredients in the tin. Starting from the left, shade in seven per cent of the rectangle, so that you can see how much beef there is in the beef stew (*hint: the rectangle is 100mm long*).



This much is beef

Other Stuff. In this box, write down the other ingredients in the stew. Underline the biggest ingredient in the product (*hint: ingredients are listed on the food label, biggest first*).

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