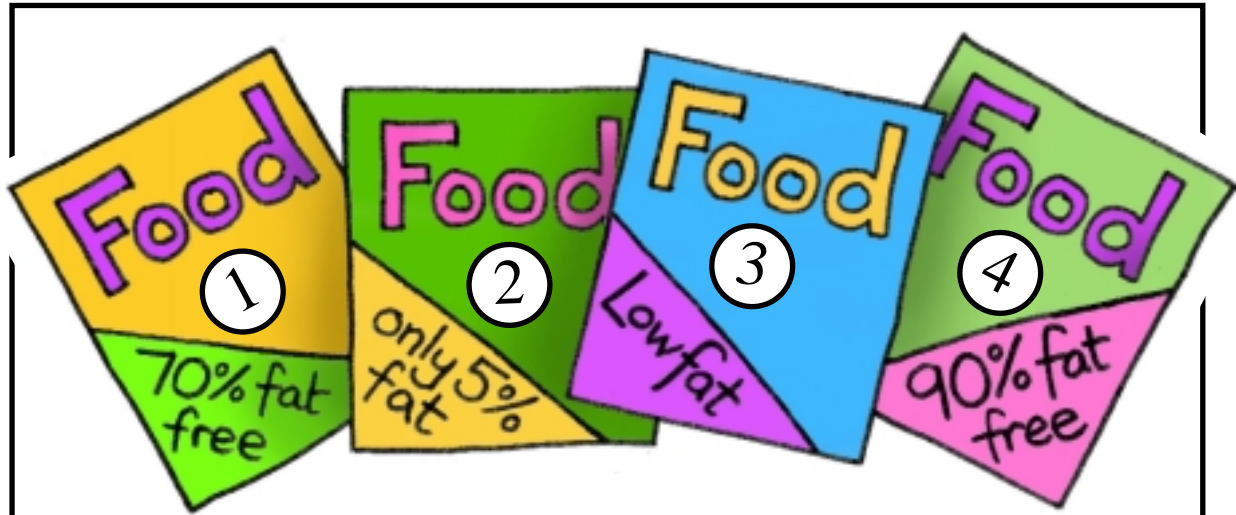


Which food contains the least fat?



Judging only by what's written on these labels, write down the products in order – the one with the least fat first:

1. (smallest amount of fat):

.....

2. (next lowest):

.....

3. (next lowest):

.....

4. (largest amount of fat)

.....

.....

.....

.....

.....

The description 'low fat' means the food must be no more than 3 per cent (3%) fat. Does this change your answer?

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Three of the products are not officially low in fat, but they have healthy-sounding claims on the front of the pack. Why do you think the food companies wrote these things?

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