

Can you work out what's in your food?

This box shows information written on the label



In this box, write what it means

Nutrition information shown on the label of a typical breakfast cereal

	Per 100g
ENERGY	
	kJ 1656
	kcal 391
PROTEIN	5.1g
CARBOHYDRATES	83.3g
<i>of which sugars</i>	36.6g
FAT	4.1g
<i>of which saturates</i>	2.8g
FIBRE	2.4g
SODIUM	0.3g

For sugar
High = 10g per 100g
Low = 2g per 100g

For fat
High = 20g per 100g
Low = 3g per 100g

For saturated fat
High = 5g per 100g
Low = 1g per 100g

For sodium
High = 0.5g per 100g
Low = 0.1g per 100g

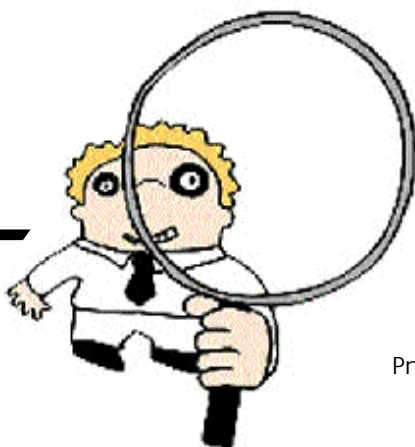
Is it high, medium or low?

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TIP: Nutrition labels can be difficult to understand, so you need to learn a few tricks to work out what's in your food.