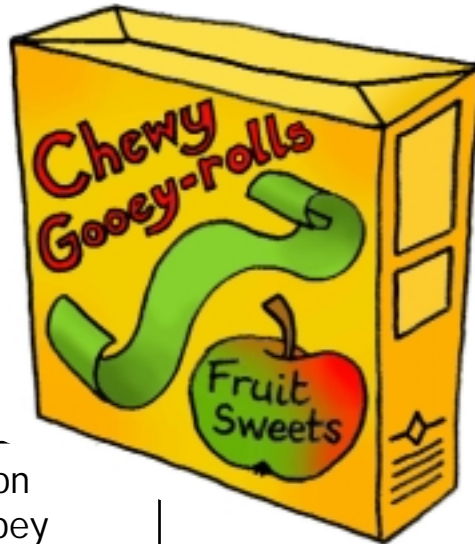


Can you work out what's in your food?

This box shows information written on the label



In this box, write what it means

Nutrition information shown on typical gooey fruity sweets

	Per 100g
ENERGY	kJ 1600 kcal 380
PROTEIN	0.1g
CARBOHYDRATES	80g
<i>of which sugars</i>	36g
FAT	7g
<i>of which saturates</i>	5g
FIBRE	1.5g
SODIUM	0.1g

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

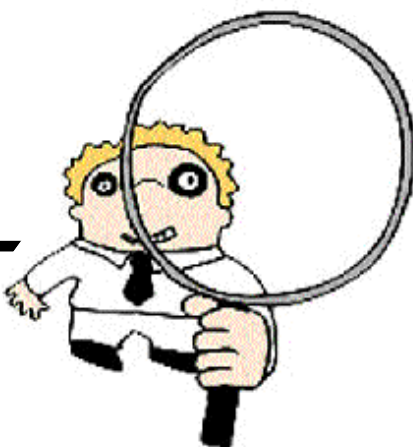
Is it high, medium or low?

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