

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 packet of biscuits

	Per 100g
ENERGY	kJ 2171
	kcal 519
PROTEIN	5.1g
CARBOHYDRATES	57.6g
<i>of which sugars</i>	It doesn't say!
FAT	28.6g
<i>of which saturates</i>	It doesn't say!
SODIUM	0.5g

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

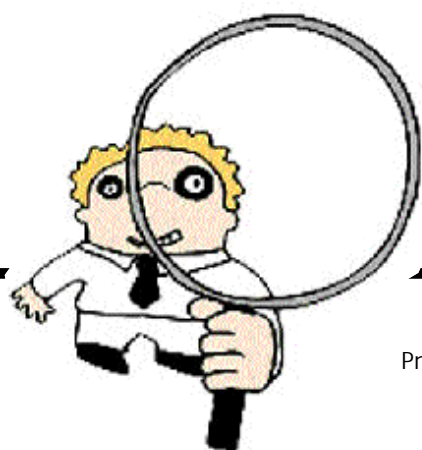
Is it high, medium or low?

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ARE YOU FINDING IT IMPOSSIBLE TO ANSWER ALL OF THE QUESTIONS? That's not surprising! Nutrition labels are difficult enough to understand, but some food companies make it worse by not giving you enough information!