


What information must be on a label?


Can you give a reason for why you need this information when you buy food?

 The label must give the name of the food, describing what's in the packet. *Why would someone need to know this?*

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 The label must give advice on special storage conditions, for instance if a food has to be kept in the fridge. *Why would someone need to know this?*

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 The label must show a 'best before' or 'use by' date. *Why would someone need to know this?*

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 The label must give nutrition information, but only if the label has made a nutrition claim, for instance saying that the food is low in fat. *Why might someone need to know this?*

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 The label on most foods must show the weight or volume of the food. *Why would someone want to know this?*

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 The label must give the name and address of the company that made the food. *Why might someone need this?*

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 The label must say how much of the food is made of any ingredient highlighted on the label, for example, the cereal or milk in a 'cereal and milk bar'. *Why might someone want to know this?*

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TIP: Food labels should give you the information you need. You need to know what you're eating!