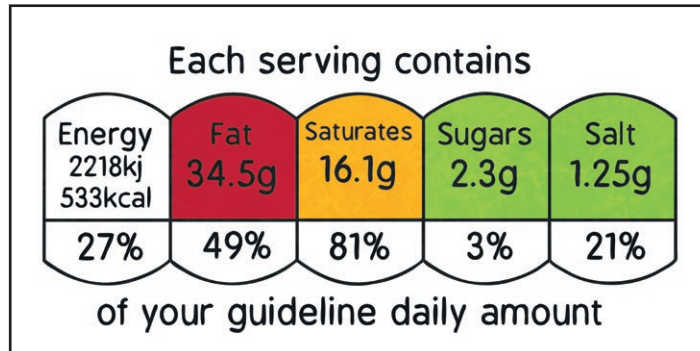


Food Labels Hunt

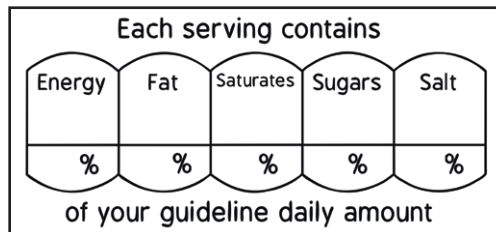
Have you ever noticed the traffic light systems on the front of food packages?



These labels are supposed to help us make healthy choices.

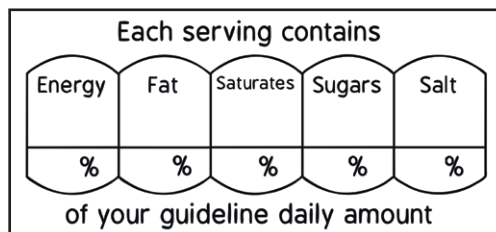
Investigate some food labels and record the information they give you below.

Name of food: _____



In your opinion, is this a healthy choice? Why?

Name of food: _____



In your opinion, is this a healthy choice? Why?

Name of food: _____

| Each serving contains | | | | |
|-----------------------|-----|-----------|--------|------|
| Energy | Fat | Saturates | Sugars | Salt |
| % | % | % | % | % |

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

Name of food: _____

| Each serving contains | | | | |
|-----------------------|-----|-----------|--------|------|
| Energy | Fat | Saturates | Sugars | Salt |
| % | % | % | % | % |

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

Name of food: _____

| Each serving contains | | | | |
|-----------------------|-----|-----------|--------|------|
| Energy | Fat | Saturates | Sugars | Salt |
| % | % | % | % | % |

of your guideline daily amount

In your opinion, is this a healthy choice? Why?
