

Food

EME



How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?

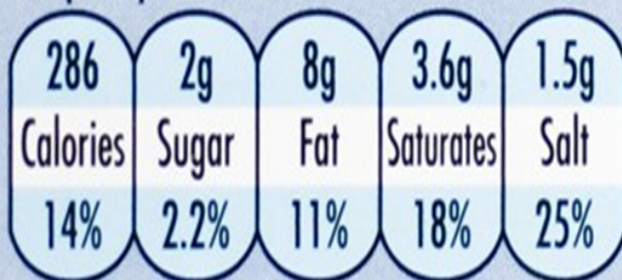
How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?



Per pack provides...

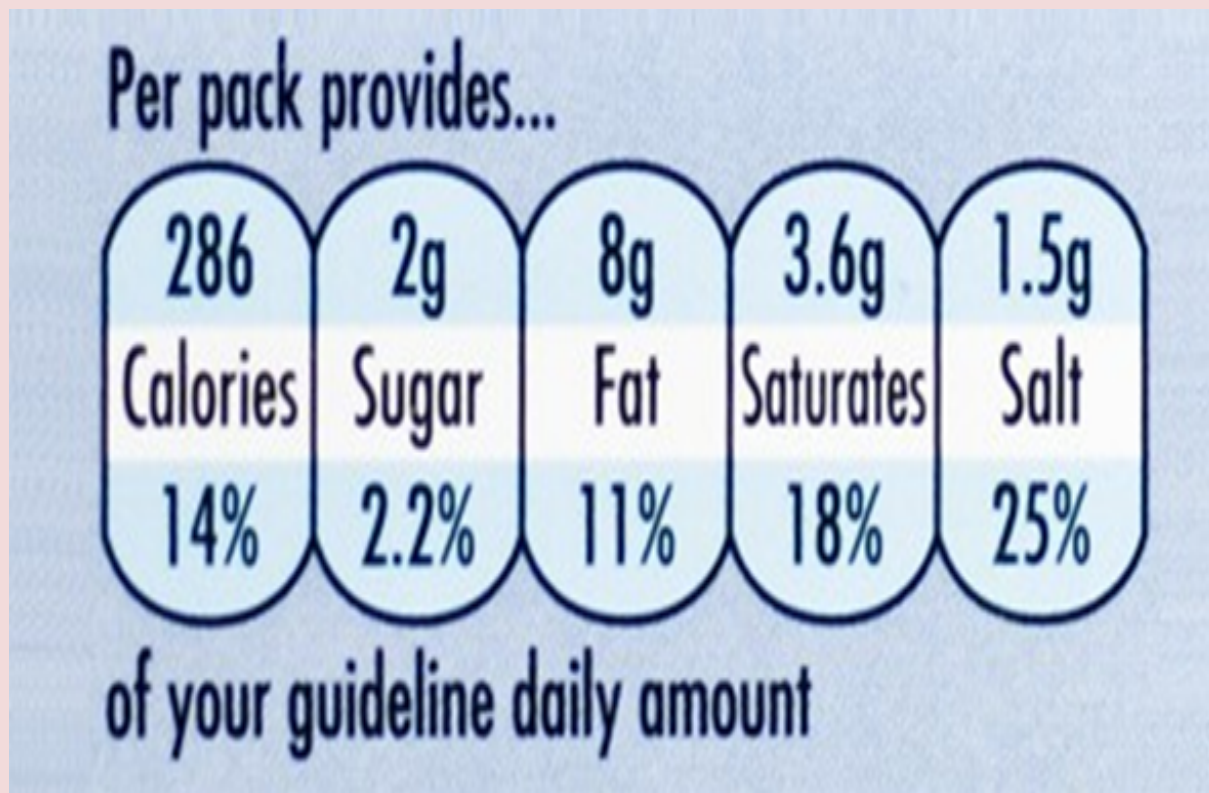


of your guideline daily amount

How many calories are in this meal?

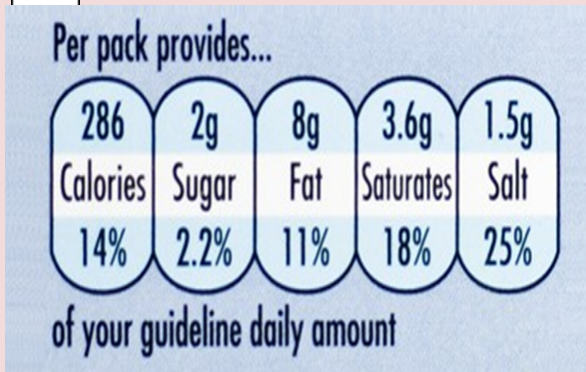
How much fat is in this meal?

How much saturated fat is in this meal?



- Which of these meals has more calories?
- Which of these meals has less sugar?
- Which of these meals has more saturated fat?
- Which of these meals has less salt?
- Which of these meals do you think is healthier?

1



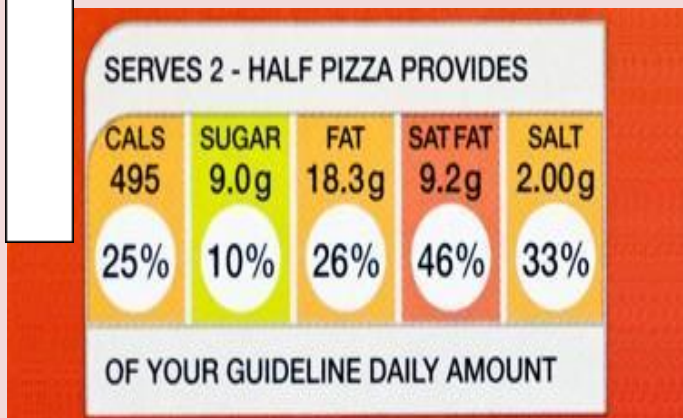
2



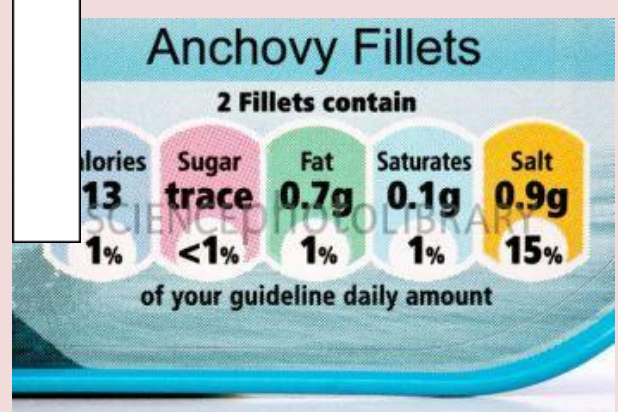
P

Which of these meals has more calories?
 Which of these meals has less sugar?
 Which of these meals has more saturated fat?
 Which of these meals has less salt?
 Which of these meals do you think is healthier?

1



2



Which of these meals has more calories?
 Which of these meals has less sugar?
 Which of these meals has more saturated fat?
 Which of these meals has less salt?
 Which of these meals do you think is healthier?

Write a list of the food you like to eat. Are they healthy or unhealthy?

Food labels



How many calories are in this meal?

How much salt is in this meal?

How much fat is in this meal?

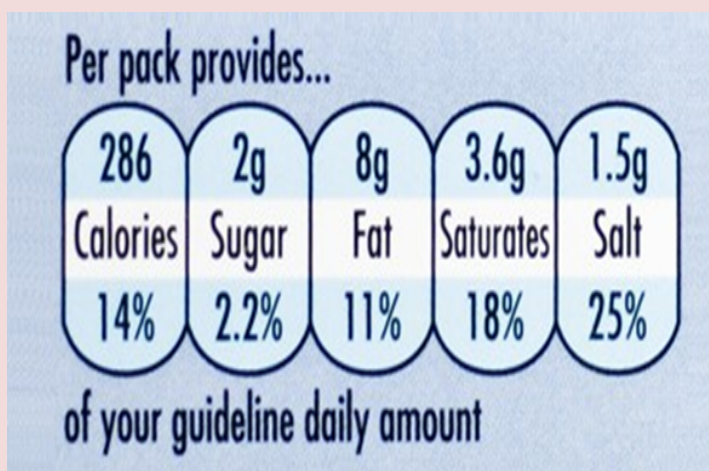
Is this meal healthy?

How much sugar is in this meal?

How much salt is in this meal?

How much saturated fat is in this meal?

Is this meal healthy?



How many calories are in this meal?

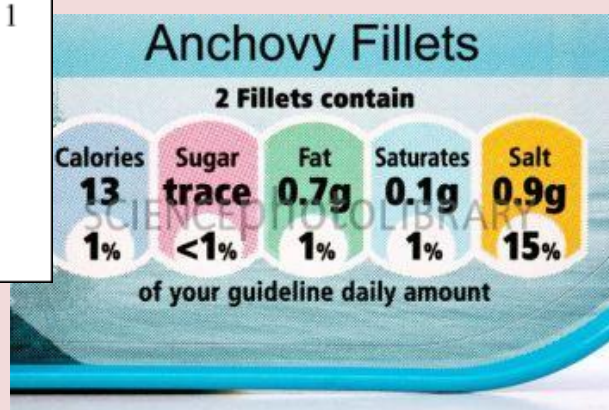
How much fat is in this meal?

How much saturated fat is in this meal?

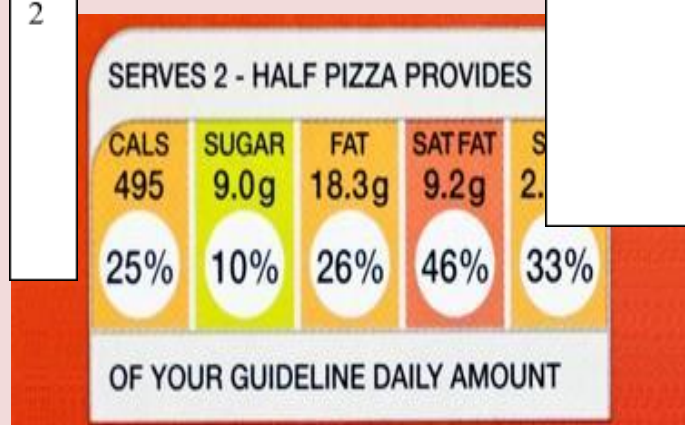
Is this meal healthy?



1



2



Which of these meals has more calories?
 Which of these meals has less sugar?
 Which of these meals has more saturated fat?
 Which of these meals has less salt?
 Which of these meals do you think is healthier?

1



2



Which of these meals has more calories?
 Which of these meals has less sugar?
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Write a list of the food you like to eat. Are they healthy or unhealthy?

CON

Food labels



SERVES 2 - HALF PIZZA PP

Calories	SUGAR	FAT	SA
495	9.0g	18.3g	9
25%	10%	26%	46%

OF YOUR GUIDELINE DAILY AMOUNT

How many calories are in this meal?

How much salt is in this meal?

How much fat is in this meal?

Is this meal healthy?

How much sugar is in this meal?

How much salt is in this meal?

How much saturated fat is in this meal?

Is this meal healthy?

Per pack provides...

286	2g	8g	3.6g	1.5g
Calories	Sugar	Fat	Saturates	Salt
14%	2.2%	11%	18%	25%

of your guideline daily amount

Each 30g serving contains

Calories	Sugars	Fat	Saturates	Salt
114	3g	trace	trace	0.5g
6%	3%	<1%	<1%	8%

of an adult's guideline daily amount

SCIENCEphotOLIBRARY

How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?

Is this meal healthy?

The word **TRACE** means that there is hardly any. It cannot be counted.

