

Activity 1 – Nutritional claims



List three different foods that make each of the following nutrition claims.

1. Low fat claim

Example 1 _____

Example 2 _____

Example 3 _____

2. No added sugar claim

Example 1 _____

Example 2 _____

Example 3 _____

3. Low sodium/salt claim

Example 1 _____

Example 2 _____

Example 3 _____

Activity 2 – Nutritional content



Use the nutritional information provided below to answer the questions.

Pizza brand A

Ingredients:	
Wheat flour, vegetable oil (rapeseed oil) water, mozzarella, tomato, cheddar cheese, parmesan cheese, tomato puree, salt, yeast, thickener E460, salt, sugar, herbs, spices.	
Nutritional Information: Typical values per 100g	
List of Nutrients	
Energy	953kJ/228kcal
Fat	12.0g
Of which saturates	3.0g
Carbohydrate	25g
Of which sugars	7.9g
Protein	9.1g
Salt	1.8g

Pizza brand B

Ingredients:	
Wheat flour, water, mozzarella, tomato, mushrooms, peppers, onions, tomato puree, vegetable oil (rapeseed oil), yeast, thickener, salt, sugar, garlic, herbs, spices.	
Nutritional Information: Typical values per 100g	
List of Nutrients	
Energy	820kJ/196kcal
Fat	6.5g
Of which saturates	1.5g
Carbohydrate	27g
Of which sugars	6.0g
Protein	6.8g
Salt	0.5g

1. Which pizza contains more fat?

A

B

2. Which ingredients contribute to the fat content of each of these products?

A _____

B _____

A.

or

B.

3. Identify the amount of salt per 100g in brand A and brand B.

A _____

B _____

4. Which pizza is the healthier option? Give two reasons for your answer.

A

B

1.

2.

Activity 3 – Vegetarian and vegan food products



What information on a food label shows that the food is suitable for vegetarians?

How are the labels for foods sold as vegan different from those for vegetarian?

Explain three reasons why people choose to be a vegetarian or a vegan.

1.

2.

3.

Activity 4 – Organic food products



1. Explain three reasons why a consumer might choose organic foods.

1.

2.

3.

2. Detail what additional information is required on the label of an organic food.