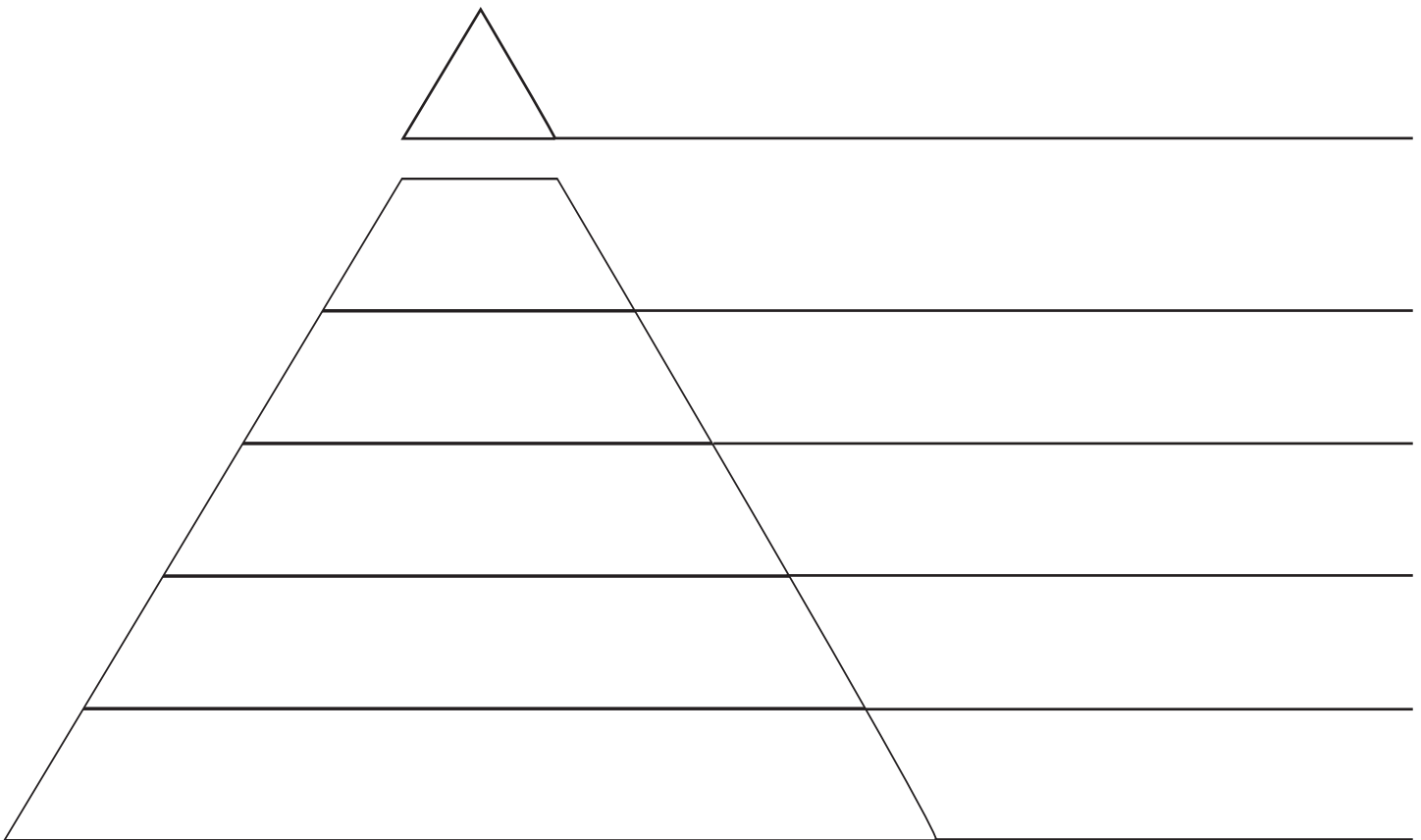


## Activity 1 – The Food Pyramid



1. Name each shelf on the Food Pyramid.



2. Give two examples of the type of food you will find in each food group.

## Activity 2 – Nutrition information



### Which food is higher in saturated fat per 100g?

Examine the three sets of food labels shown. Compare the amount of saturated fat in each food. Tick the box to indicate which food in each category has the highest saturated fat content.

#### Cheese

##### NUTRITIONAL INFORMATION:

###### Typical values per 100g:

Energy 1630kJ/390kcal, Fat 64g, of which saturates 39.8g, Carbohydrate 0.1g, of which sugars 0.0g, Protein 26g, Salt 1.9g

###### Typical values per 30g serving:

Energy 489kJ/117kcal, Fat 19.2g, of which saturates 11.8g, Carbohydrate <0.1g, of which sugars 0.0g, Protein 7.8g, Salt 0.6g

##### NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per 20g Portion
Energy	1663kJ/401kcal	333kJ/80kcal
Fat	33g	6.6g
of which saturates	19.8g	4g
Carbohydrate	0.1g	0.02g
of which sugars	19.8g	4g
Protein	26g	5.2
Salt	1.9g	0.38g

#### Crisps

##### TYPICAL NUTRITIONAL INFORMATION

	per 100g	per 25g
ENERGY	2100kJ	300kJ
	503kcal	126kcal
FAT	29.2g	7.3g
of which saturates	4.8g	1.2g
CARBOHYDRATE	55.9g	14.0
of which sugars	0.9g	0.2g
PROTEIN	4.1g	1.0g
SALT	1.5g	0.4g

##### TYPICAL NUTRITIONAL INFORMATION

	Per 30g Serving	Per 100g
Energy	630kJ	2099kJ
	151kcal	502kcal
Fat	7.8g	26.1g
Of which saturates	0.6g	2.0g
Carbohydrate	17.7g	59.0g
Of which saturates	1.1g	3.7g
Protein	1.7g	5.6g
Salt	0.47g	1.57g

This pack contains 5 servings

#### Breakfast cereal

##### NUTRITION INFORMATION

	Typical Value per 100g	30g Serving with 125ml of skimmed milk
ENERGY	1639KJ 387Kcal	743KJ 175Kcal
FAT	2.5g	3g
of which saturates	1g	1.5g
CARBOHYDRATE	85g	32g
of which sugars	35g	17g
starch	50g	15g
PROTEIN	5g	6g
SALT	0.75g	0.35g

##### NUTRITION INFORMATION

	Typical Value per 100g	30g Serving with 125ml of skimmed milk
ENERGY	1604KJ 379Kcal	732KJ 173Kcal
FAT	2.5g	3g
of which saturates	0.5g	1.5g
CARBOHYDRATE	76g	29g
of which sugars	20g	12g
starch	56g	17g
PROTEIN	11g	8g
SALT	0.75g	0.35g

## Activity 3 – Front of Pack Labelling



Examine the labels shown below. Compare the products in each category. Tick the product that is the healthier option and explain why it is healthier.

### Pizza

Thin & Crispy Cajun Chicken

Half a pizza contains

Energy 1642kJ 391 kcal	Fat 9.1g	Saturates 4.8g	Sugars 4.8g	Salt 1.4g
16%	13%	24%	5%	23%

Of an adult's Reference Intake

Italian Pepperoni

Half a pizza contains

Energy 2289kJ 545 kcal	Fat 25.2g	Saturates 8.7g	Sugars 4.5g	Salt 3g
27%	35%	44%	5%	50%

Of an adult's Reference Intake

### Crisps

Baked Crisps

Each 25g pack contains

Energy 416kJ 99kcal	Fat 2.1g	Saturates 0.3g	Sugars 2g	Salt 0.4g
5%	3%	2%	2%	7%

Of an adult's Reference Intake

Standard Crisps

Each 25g pack contains

Energy 550kJ 131kcal	Fat 8.3g	Saturates 3.8g	Sugars 0.5g	Salt 2.25g
13%	12%	19%	1%	38%

Of an adult's Reference Intake

## Junior Cycle Topic 3

### Activity 4 – Colour coding on Front of Pack labelling



#### Criteria for 100g of food

Text	LOW	MEDIUM	HIGH
Colour code	Green	Amber	Red
Fat	$\leq 3.0\text{g}/100\text{g}$	$>3.0\text{g}$ to $\leq 17.5\text{g}/100\text{g}$	$>17.5\text{g}/100\text{g}$
Saturates	$\leq 1.5\text{g}/100\text{g}$	$>1.5\text{g}$ to $\leq 5.0\text{g}/100\text{g}$	$>5.0\text{g}/100\text{g}$
(Total) Sugars	$\leq 5.0\text{g}/100\text{g}$	$>5.0\text{g}$ and $\leq 22.5\text{g}/100\text{g}$	$>22.5\text{g}/100\text{g}$
Salt	$\leq 0.3\text{g}/100\text{g}$	$>0.3\text{g}$ to $\leq 1.5\text{g}/100\text{g}$	$>1.5\text{g}/100\text{g}$

Examine the nutrition information on the four labels shown. Consider whether each product is high, medium or low in fat, saturated fat, sugars and salt. Show your answer in the boxes below by writing or colouring red, amber or green in each of the circles. Values are per 100g.

#### Label 1

Fat <b>1.4g</b>	Saturates <b>0.4g</b>	Sugars <b>2.4g</b>	Salt <b>1.1g</b>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt

#### Label 2

Fat <b>32g</b>	Saturates <b>19.9g</b>	Sugars <b>0.0g</b>	Salt <b>0.8g</b>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt

#### Label 3

Fat <b>2.5g</b>	Saturates <b>1g</b>	Sugars <b>35g</b>	Salt <b>0.75g</b>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt

#### Label 4

Fat <b>8.4g</b>	Saturates <b>6.4g</b>	Sugars <b>14.05g</b>	Salt <b>0.63g</b>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt