Activity 1 – List of ingredients



Can you identify these popular foods using the ingredients listing only?





INGREDIENTS:

Cod (65%), Batter (Water, Wheat Flour, Starch (Wheat, Potato), Salt, Corn Flour, Vegetable Oil (Palm Oil), Raising Agents (Diphosphates, Sodium Carbonates), Skimmed Milk Powder, Dextrose), Breadcrumbs (Wheat Flour, Yeast, Water, Salt, Spices, Vegetable Oil (Rapeseed Oil), Colour (Capsanthin)), Vegetable Oil (Sunflower Oil).



1	
2	
3	
4	

Transition Year Topic 1

Activity 2 –The quantity of certain ingredients (QUID)



1. From the following information work out the % chicken content of the chicken pie.

Chicken Pie			
This product is r	nade with the following ingredients (this makes 400 pies).		
Pastry base	60kg		
Sauce	15kg		
Chicken (breast)	20kg		
Onion	5kg		
Total weight	kg		
Calculation			
	Weight of chicken at mixing bowl stage		
QUID% =	Total weight of all ingredients at mixing bowl stage		
Answer	%		

2. From the following information work out the % pork meat content of the pork sausage.

Pork	7kg	
Rusk	1.5kg	
Water	1.45kg	
Seasoning	0.05kg	
Total weight _	kg	
Calculation		
OLUDO/ —	Weight of pork at mixing bowl stage	
QUID% = -	Total weight of all ingredients at mixing bowl stage	

3. Which food contains the higher % of meat content? _____

Activity 3 – Nutrition information on food labels



Use the nutrition information provided below to answer the questions.

Pizza brand A	-	Pizza brand B	-
Ingredients:		Ingredients:	
Wheat flour, vegetable oil (ra water, mozzarella,tomato, ch parmesan cheese, tomato pu thickener E460, salt, sugar, h Nutrition Information: Typica	neddar cheese, Iree, salt, yeast, erbs, spices.	Wheat flour, water, mozzar mushrooms, peppers, onion vegetable oil (rapeseed oil), salt, sugar, garlic, herbs, sp. Nutrition Information: Typic	ns, tomato puree, yeast, thickener, ices. cal values per 100g
Energy Fat	953kJ/228kcal	Energy Fat	820kJ/196kcal
Of which saturates	12.0g 3.0g	Of which saturates	6.5g 1.5g
Carbohydrate	25g	Carbohydrate	27g
Of which sugars	7.9g	Of which sugars	6.0g
Protein Salt	9.1g 1.8g	Protein Salt	6.8g 0.5g
		Suit	0.58
1. Which pizza contai	ns more fat?		
Α		В	
2 Which ingradiants	contributo to the f	at contant of each of t	boso products?
2. Which ingredients	contribute to the h		ilese products:
Α		В	
3. Identify the amour	nt of salt per 100g i	n brand A and brand B	•
A		В	
4. Which pizza is the	healthier option? G	ive two reasons for yo	ur answer.
Α 🗌		В	
1.			

Activity 4 – Nutrition information



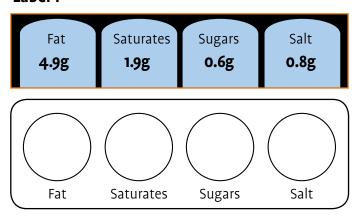
Nutrition colour coding on Front of Pack labelling

Criteria for 100g of food

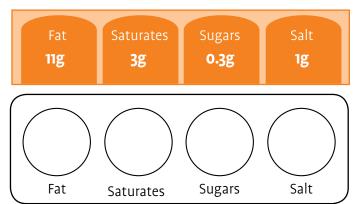
	LOW	MEDIUM	HIGH
	Green	Amber	Red
Fat	≤3.0g/100g	>3.0g to ≤20g/100g	>20g/100g
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g
(Total) Sugars	≤5.0g/100g	>5.0g and ≤15g/100g	>15g/100g
Salt	≤0.3g/100g	>0.3g to≤1.5g/100g	>1.5g/100g

Look at the nutrition information on the four labels below. Using the information in the table decide whether each product is high, medium or low in fat, saturated fat, sugar 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.

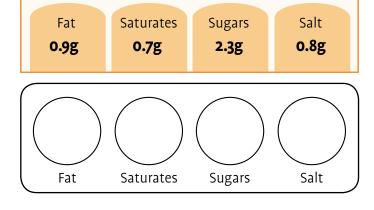




Label 2



Label 3



Label 4

