

Transition Year Topic 1

Activity 1 – List of ingredients



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

1

INGREDIENTS

Whole Wheat, Malt Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.

NUTRITION

per 100g

2

INGREDIENTS:

Tomatoes (126g Per 100g), Spirit Vinegar, Glucose Syrup, Sugar, Salt, Spice and Herb Extracts, Spice, Garlic Powder, 2mg Lycopene Per 10ml Serving.

3

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).

4

Ingredients:

Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12%, (Kibbled Wheat, Linseed, Wheat Flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya Flour, Sugar, Fermented Wheat Flour, Dextrose, Flour Treatment Agent (Asorbic Acid), Folic Acid.

1. _____
2. _____
3. _____
4. _____

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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 made with the following ingredients (this makes 400 pies).

Pastry base _____ 60kg

Sauce _____ 15kg

Chicken (breast) _____ 20kg

Onion _____ 5kg

Total weight _____ **kg**

Calculation

$$\text{QUID\%} = \frac{\text{Weight of chicken at mixing bowl stage}}{\text{Total weight of all ingredients at mixing bowl stage}} \times 100$$

Answer _____ %

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

Pork sausages – ingredients

Pork _____ 7kg

Rusk _____ 1.5kg

Water _____ 1.45kg

Seasoning _____ 0.05kg

Total weight _____ **kg**

Calculation

$$\text{QUID\%} = \frac{\text{Weight of pork at mixing bowl stage}}{\text{Total weight of all ingredients at mixing bowl stage}} \times 100$$

Answer _____ %

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

Ingredients:	
Wheat flour, vegetable oil (rapeseed oil) water, mozzarella, tomato, cheddar cheese, parmesan cheese, tomato puree, salt, yeast, thickener E460, salt, sugar, herbs, spices.	
Nutrition Information: Typical values per 100g	
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.	
Nutrition Information: Typical values per 100g	
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

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.

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Activity 4 – Nutrition information



Nutrition colour coding on Front of Pack labelling

Criteria for 100g of food

	LOW	MEDIUM	HIGH
	Green	Amber	Red
Fat	$\leq 3.0\text{g}/100\text{g}$	$>3.0\text{g}$ to $\leq 20\text{g}/100\text{g}$	$>20\text{g}/100\text{g}$
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 $\leq 15\text{g}/100\text{g}$	$>15\text{g}/100\text{g}$
Salt	$\leq 0.3\text{g}/100\text{g}$	$>0.3\text{g}$ to $\leq 1.5\text{g}/100\text{g}$	$>1.5\text{g}/100\text{g}$

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 1

Fat 4.9g	Saturates 1.9g	Sugars 0.6g	Salt 0.8g
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt

Label 2

Fat 11g	Saturates 3g	Sugars 0.3g	Salt 1g
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt

Label 3

Fat 0.9g	Saturates 0.7g	Sugars 2.3g	Salt 0.8g
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt

Label 4

Fat 5.1g	Saturates 1.5g	Sugars 13.7g	Salt 0.25g
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat	Saturates	Sugars	Salt