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	made with the following ingredients (this makes 400 pies).
Pastry base	60kg
	15kg
)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		
	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 (rapeseed oil) Wheat flour, water, mozzarella, tomato, water, mozzarella, tomato, cheddar cheese, mushrooms, peppers, onions, tomato puree, parmesan cheese, tomato puree, salt, yeast, vegetable oil (rapeseed oil), yeast, thickener, salt, sugar, garlic, herbs, spices. thickener E460, salt, sugar, herbs, spices. Nutrition Information: Typical values per 100g Nutrition Information: Typical values per 100g Energy 820kJ/196kcal 953kJ/228kcal Energy Fat Fat 12.0g 6.5g Of which saturates Of which saturates 3.0g 1.5g Carbohydrate Carbohydrate 25g 27g Of which sugars Of which sugars 7.9g 6.0g Protein Protein 9.1g 6.8g Salt Salt 1.8g 0.5g 1. Which pizza contains more fat? 2. Which ingredients contribute to the fat content of each of these products? 3. Identify the amount of salt per 100g in brand A and brand B. 4. Which pizza is the healthier option? Give two reasons for your answer. В

Activity 4 – Nutrition information



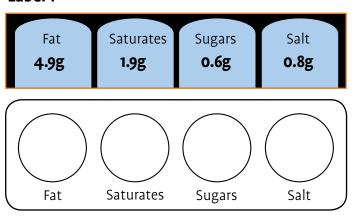
Nutrition colour coding on Front of Pack labelling

Criteria for 100g of food

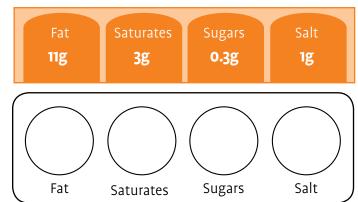
	LOW	MEDIUM	HIGH
	Green	Amber	Red
Fat	≤3.0g/100g	>3.0g to ≤20g/100g	>20g/100g
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g
(Total) Sugars	≤5.0g/100g	>5.0g and ≤15g/100g	>15g/100g
Salt	≤0.3g/100g	>0.3g to≤1.5g/100g	>1.5g/100g

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.

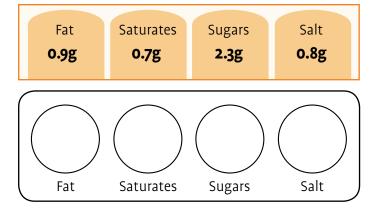




Label 2



Label 3



Label 4

