

## Healthy Eating

### The Food Label Game

Ask your parent/guardian first for permission to look through the food products at the packaged foods you have.

You are required to investigate the levels of Fat, Saturates, Sugar and Salt they have within them.

Remember we can look at a traffic lights system that are on food labels

#### UNDERSTANDING THE TRAFFIC LIGHT SYSTEM

	Sugars	Fat	Saturates	Salt
What is <b>HIGH</b> per 100g?	Over 15g	Over 20g	Over 5g	Over 1.5g
What is <b>MEDIUM</b> per 100g?	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is <b>LOW</b> per 100g?	5g and below	3g and below	1.5g and below	0.3g and below

Source: Food Standards Agency

1 - Can you find a variety of foods that have the traffic light food label on them and order then highest to lowest for each area, Fats, Sugars, Saturates and Salt.

Challenge yourself and put them in order in the quickest time and do that for each area!

**How fast can you go?**

2 - Then look at which food groups these belong to and challenge yourself by putting them into the 5 different food groups:

**Fruit and Veg - Protein - Carbohydrates - Dairy - Oils and Spreads**

and not forgetting the food group sugars that don't belong in the eatwell guide

Challenge yourself and see how fast you can go? Check the Eatwell guide to see if you got your foods in the correct food group?

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