

### Activity 1 – Nutritional claims



**List three different foods that make each of the following nutrition claims.**

#### 1. Low fat claim

Example 1 \_\_\_\_\_

Example 2 \_\_\_\_\_

Example 3 \_\_\_\_\_

#### 2. No added sugar claim

Example 1 \_\_\_\_\_

Example 2 \_\_\_\_\_

Example 3 \_\_\_\_\_

#### 3. Low sodium/salt claim

Example 1 \_\_\_\_\_

Example 2 \_\_\_\_\_

Example 3 \_\_\_\_\_

## Activity 2 – Nutritional content



Use the nutritional 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.

#### Nutritional Information: Typical values per 100g

##### List of Nutrients

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.

#### Nutritional Information: Typical values per 100g

##### List of Nutrients

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 \_\_\_\_\_

A. ☐

or

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.

### Activity 3 – Vegetarian and vegan food products



**What information on a food label shows that the food is suitable for vegetarians?**

**How are the labels for foods sold as vegan different from those for vegetarian?**

**Explain three reasons why people choose to be a vegetarian or a vegan.**

1.

2.

3.

### Activity 4 – Organic food products



1. Explain three reasons why a consumer might choose organic foods.

1.

2.

3.

2. Detail what additional information is required on the label of an organic food.