Student name:

Date:

**Back of pack labelling**

Complete the relevant table and questions based on the back of pack labelling on the food products your teacher has given to you.

|  |  |  |
| --- | --- | --- |
| Per 100g | White bread | Wholemeal bread |
| Energy | kJ |  |  |
| kcal |  |  |
| Fat g |  |  |
| Of which saturates g |  |  |
| Carbohydrate g |  |  |
| Of which sugars g  |  |  |
| Protein g |  |  |
| Salt g |  |  |
| Fibre g |  |  |

Bread comparison:

1. What other nutrients are listed on the label?

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1. Explain the nutritional differences between the wholemeal bread and the white bread.

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1. Which bread you would recommend as part as a healthy balanced diet? Why?

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Yogurt comparison:

|  |  |  |
| --- | --- | --- |
| Per 100g | Fat free Greek yogurt  | Regular Greek yogurt |
| Energy  | kJ |  |  |
| kcal |  |  |
| Fat g |  |  |
| Of which saturates g |  |  |
| Carbohydrate g |  |  |
| Of which sugars g |  |  |
| Protein g |  |  |
| Salt g |  |  |

1. What other nutrients are listed on the label?

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1. Explain the nutritional differences between the fat free Greek yogurt and the cream.

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1. Which product you would recommend to someone trying to reduce their saturated fat intake? Why?

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Canned tuna comparison:

|  |  |  |  |
| --- | --- | --- | --- |
| Per 100g | Tuna canned in brine  | Tuna canned in oil | Tuna canned in water |
| Energy  | kJ |  |  |  |
| kcal |  |  |  |
| Fat g |  |  |  |
| Of which saturates g |  |  |  |
| Carbohydrate g |  |  |  |
| Of which sugars g |  |  |  |
| Protein g |  |  |  |
| Salt g |  |  |  |

1. Explain the nutritional differences between the three different types of canned tuna.

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