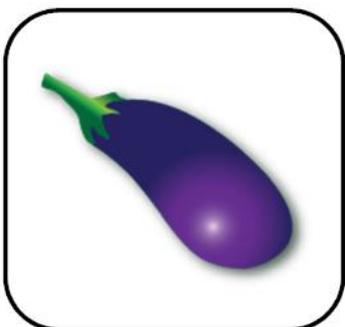
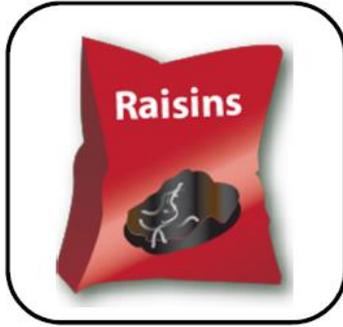
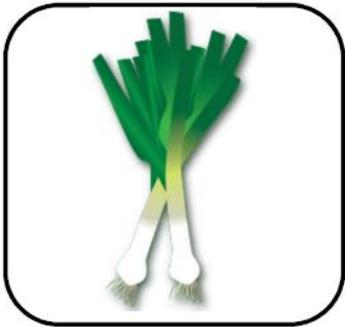
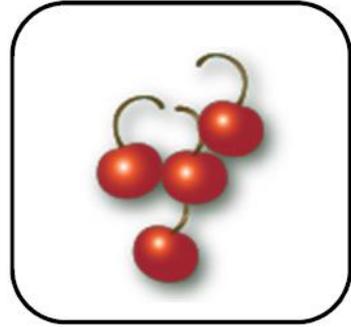
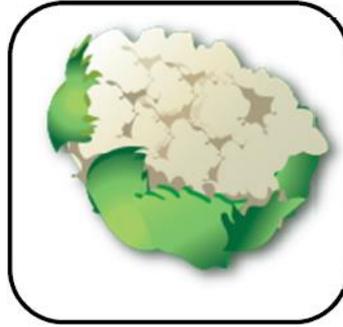
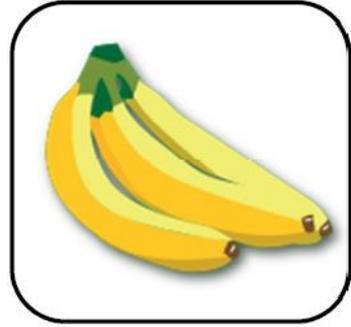
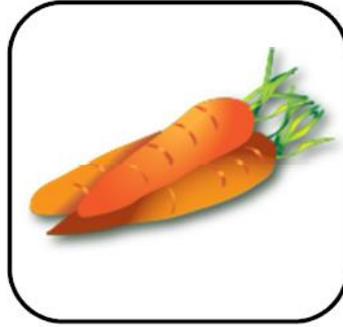


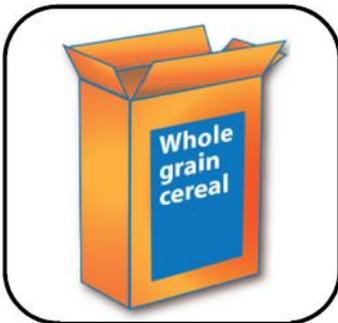
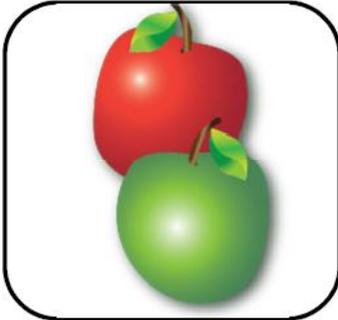
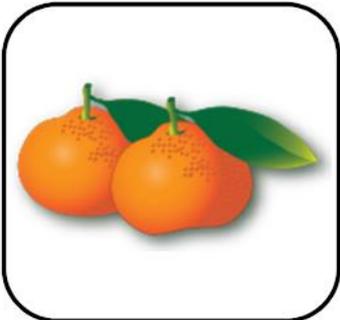
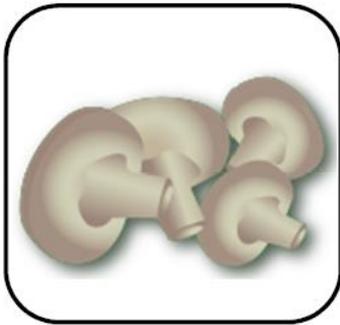
Appendix 1

Food Diary

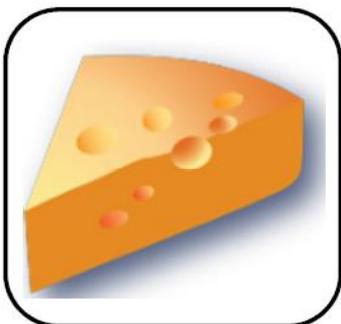
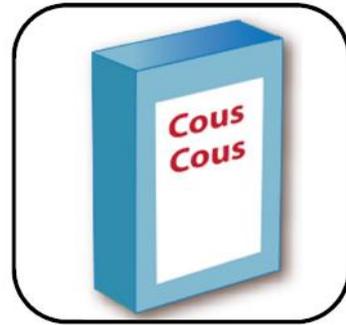
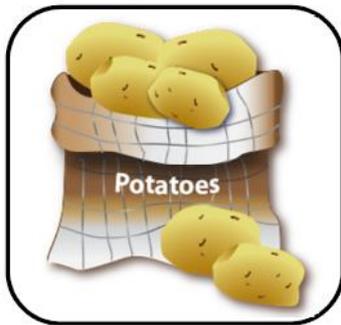
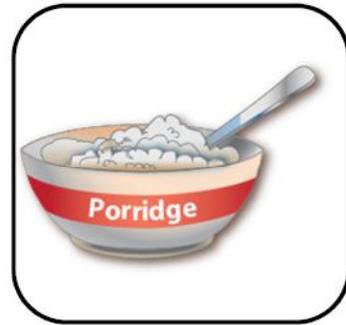
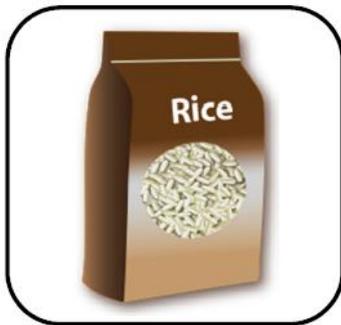
		Name –
Time	Meal	Contains
Breakfast		
Snacks		
Lunch		
Snacks		
Dinner		
Drinks		
Food I don't eat		
Food I can't eat (allergies and intolerances)		

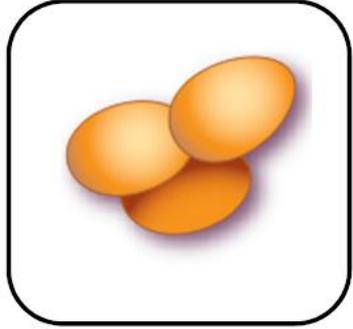
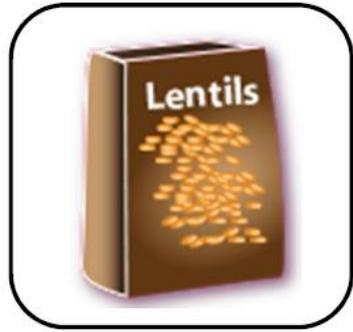
Appendix 2 Food Cards



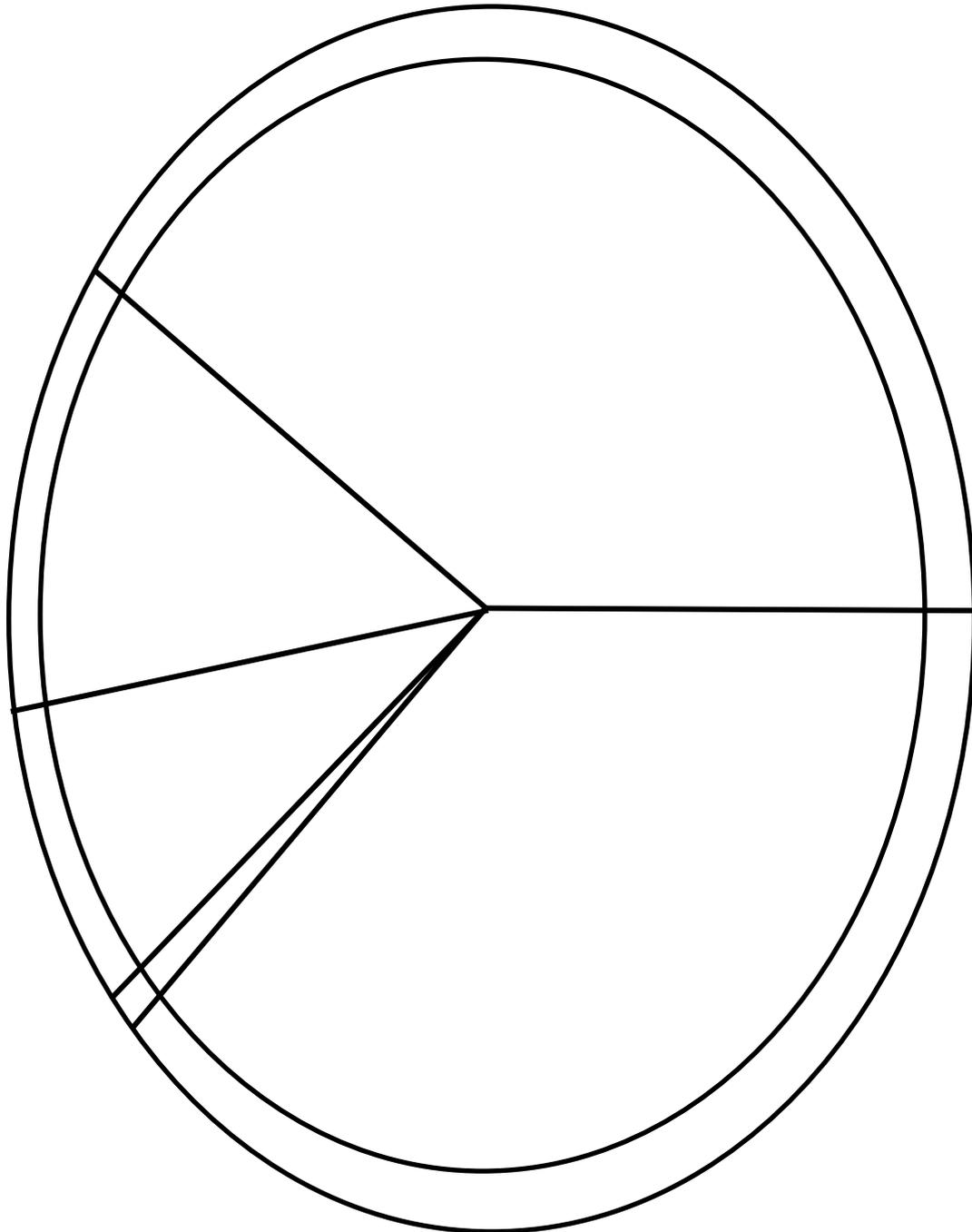


Food cards





Appendix 3 Blank Eatwell Plate



Appendix 4 - Food labels



Name: _____ Date: _____

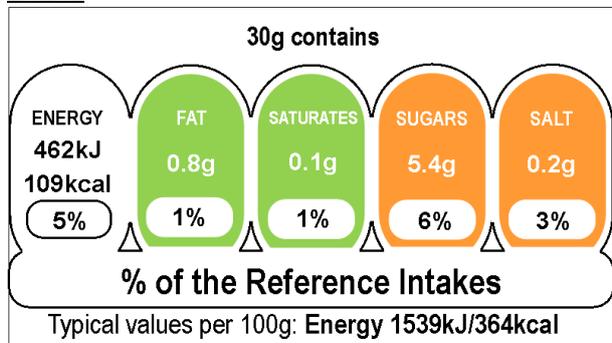
Food labels can help us make healthier choices. They tell the energy, fat, saturates, sugars and salt provided by a food.

To make it easier front of pack labels are colour coded:

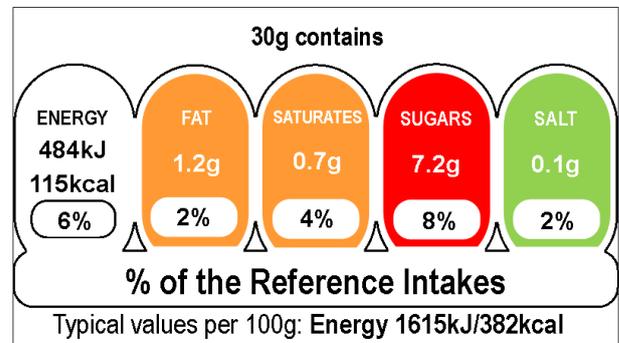
- **Green** = contains **low** amounts of the nutrient;
- **Amber** = contains **medium** amounts of the nutrient;
- **Red** = contains **high** amounts of the nutrient.

Next time you go food shopping, see if you can spot the food label on the front of the packet!

Part 1



cereal A



cereal B

1. Above are food labels from two boxes of cereal.

Which cereal provides the most...

a) Sugars?

b) Salt?

c) Fat? _____

d) Saturates? _____

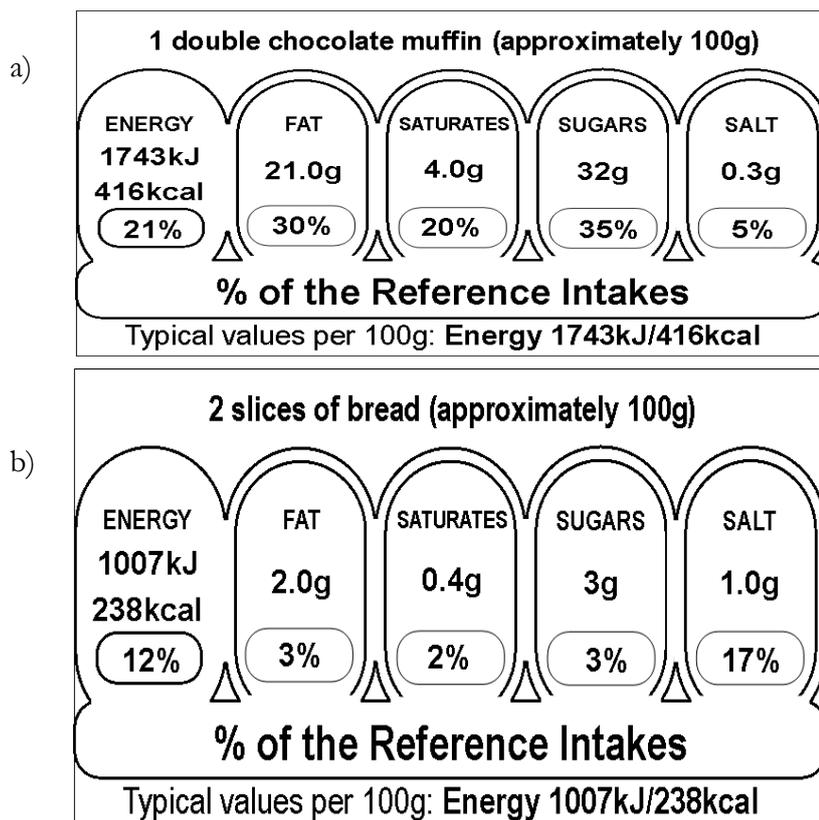
2. Which cereal provides the least amount of energy?

3. Which cereal would be the healthier option? Why?

Part 2

1. A food manufacturer of bakery goods has forgotten to colour code their food labels. Using this table, colour in the food labels correctly.

	Low (green)	Medium (amber)	High (red)
Fat	Less than 3.0g	Between 3.0g and 17.5g	More than 17.5g
Saturates	Less than 1.5g	Between 1.5g and 5.0g	More than 5.0g
Sugars	Less than 5.0g	Between 5.0g and 22.5g	More than 22.5g
Salt	Less than 0.3g	Between 0.3g and 1.5g	More than 1.5g





Nutrition labels

Name: _____ Date: _____

Introduction

Nutrition labels provide information to consumers to help them know more about the energy and nutrients provided by pre-packed foods. They can also be used for comparison purposes, e.g. comparing the fat provided by two different sandwiches.

New legislation means that nutrition labelling is changing.

Nutrition labels will need to list the following in this order:

- energy (both in kilojoules and kilocalories)
- fat
- saturates
- carbohydrate
- sugars
- protein
- salt (in place of sodium)

The information has to be given per 100g/ml but can additionally be given:

- per portion or per consumption unit (e.g. per slice);
- as % Reference Intakes (formerly known as Guideline Daily Amounts).

To do

1. Go to *Explore Food* <http://explorefood.foodafactoflife.org.uk>
2. Analyse the spaghetti bolognese recipe.
3. Complete the following Nutrition Information panel:

	Per 100g	Per portion (g)
Energy (kilojoules)		
(kilocalories)		
Fat (g)		
Saturates (g)		
Carbohydrate (g)		
Sugars (g)		
Protein (g)		
Salt (g)		

Spaghetti Bolognese

250g spaghetti (white, raw)
 50g onions (raw)
 5g garlic (raw)
 40g mushrooms (raw)
 15g vegetable oil
 250g beef mince (raw)
 300g canned tomatoes
 5g beef stock cube

Sodium to salt

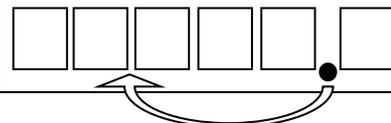
Explore Food provides sodium in mg.

Step 1

First convert mg into g.
 $1000\text{mg} = 1\text{g}$

Move the decimal point 3 places left.

$1910.0\text{mg} > 1.91\text{g}$



Label maths

Name:

Date:

For each food, calculate the Reference Intake and decide on the colour coding for the front-of-pack label.

1. Calculate the percentage of energy and nutrients contributed by the food towards the daily Reference Intakes (RIs) to complete each label. Alternatively input the food and quantity into *Explore food* and use the 'Create label' function (in the recipe section) to calculate the percentage.

Reference intakes

Energy (kJ)	8400
Energy (kcal)	2000
Fat	70g
Saturates	20g
Sugars	90g
Salt	6g

Calculating % RIs for energy and nutrients

$$\frac{\text{Amount of [nutrient] per portion}}{\text{RI}} \times 100 = \% \text{ RI}$$

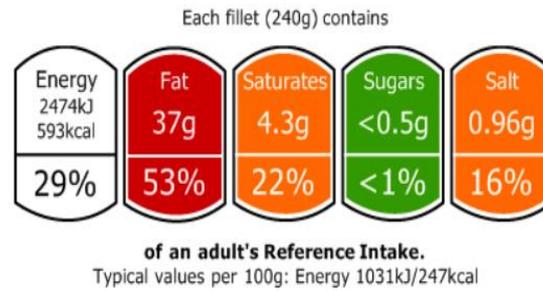
2. Use the criteria below to determine whether each nutrient is present in a red (high), amber (medium) and green (low) levels. Colour in the label accordingly. Alternatively input the food and quantity into *Explore food* and use the 'Create label' function (in the recipe section) to determine the colour coding.

Criteria for 100g of food (whether or not it is sold by volume)

Text	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	> 17.5g/100g	> 21g/portion
Saturates	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	> 5.0g/100g	> 6.0g/portion
(Total) Sugars	≤ 5.0g/100g	> 5.0g and ≤ 22.5g/100g	> 22.5g/100g	> 27g/portion
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	> 1.5g/100g	> 1.8g/portion

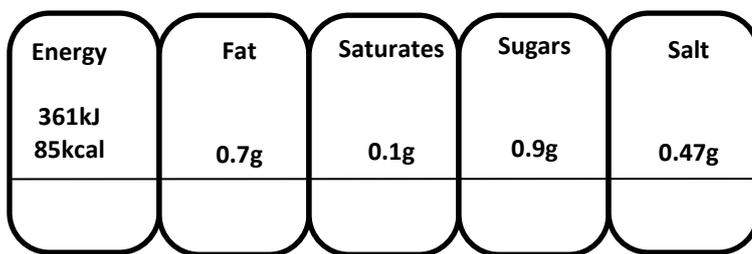
Note: portion size criteria applies to portions/serving sizes greater than 100g

Example front of pack label



1. White bread

Each slice (36g) contains:



of an adult's Reference Intake
Typical values per 100g: Energy 922kJ/217kcal

Nutrition Information Typical Values

	Per 100g	Per portion (36g)
Energy (kJ)	1002	361
Energy (kcal)	235	85
Fat (g)	1.9	0.7
Saturates (g)	<0.1	<0.1
Carbohydrate (g)	49	18
Sugars (g)	2.6	0.9
Fibre (g)	1.5	0.5
Protein (g)	8.4	3
Salt (g)	1.3	0.47

2. Unsmoked back bacon, grilled

Each slice (36g) contains:



of an adult's Reference Intake
Typical values per 100g: 1194kJ/287kcal

Nutrition Information Typical Values

	Per 100g	Per portion (47g)
Energy (kJ)	1194	561
Energy (kcal)	287	135
Fat (g)	22	10
Saturates (g)	8.1	3.8
Carbohydrate (g)	<0.5	<0.5
Sugars (g)	<0.5	<0.5
Fibre (g)	<0.5	<0.5
Protein (g)	23	11
Salt (g)	4.7	2.2

3. Cheddar cheese

30g contains:

Energy	Fat	Saturates	Sugars	Salt
512kJ 124kcal	10g	6.5g	<0.5g	0.5g

of an adult's Reference Intake

Typical values per 100g: 1708kJ/412kcal

Nutrition Information Typical Values

	Per 100g	Per portion (30g)
Energy (kJ)	1708	512
Energy (kcal)	412	124
Fat (g)	34	10
Saturates (g)	22	6.5
Carbohydrate (g)	<0.5	<0.5
Sugars (g)	<0.5	<0.5
Fibre (g)	<0.5	<0.5
Protein (g)	26	7.7
Salt (g)	1.7	0.5

4. Canned pineapple (in juice)

One third of a can (180g) contains:

Energy	Fat	Saturates	Sugars	Salt
360kJ 85kcal	<0.5g	<0.1g	22g	<0.01g

of an adult's Reference Intake

Typical values per 100g: 200kJ/47kcal

Nutrition Information Typical Values

	Per 100g	Per portion (180g)
Energy (kJ)	200	360
Energy (kcal)	47	85
Fat (g)	<0.5	<0.5
Saturates (g)	<0.1	<0.1
Carbohydrate (g)	12	22
Sugars (g)	12	22
Fibre (g)	<0.5	0.9
Protein (g)	<0.5	0.5
Salt (g)	<0.01	<0.01

5. Chocolate digestive

One biscuit (17g) contains:

Energy	Fat	Saturates	Sugars	Salt
352kJ 84kcal	4.1g	2.1g	4.8g	0.19g

of an adult's Reference Intake

Typical values per 100g: 2071kJ/493kcal

Nutrition Information Typical Values

	Per 100g	Per portion (17g)
Energy (kJ)	2071	352
Energy (kcal)	493	84
Fat (g)	24	4.1
Saturates (g)	12	2.1
Carbohydrate (g)	67	11
Sugars (g)	29	4.8
Fibre (g)	2.2	<0.5
Protein (g)	6.8	1.2
Salt (g)	1.1	0.19

Allergen Labelling

Name:

Date:

New rules came into effect from December 2014 to clarify the way allergen information appears on labels and on food that is pre-packed, sold loose or served in a restaurant, café or take-away.

Fourteen major allergens will be highlighted on the label within the ingredients list rather than in a separate box as has been done in the past. The allergens are:

Cereals containing gluten Crustaceans, for example prawns, crab, lobster and crayfish Eggs Fish Peanuts Soybeans	Milk Nuts such as almonds, walnuts, hazelnuts, pecans, Brazil nuts, pistachio, cashew, macadamia (Queensland) nuts Celery (and celeriac) Mustard Sesame	Sulphur dioxide, which is a preservative found in some dried fruit Lupin (found in some flour based or gluten free products) Molluscs for example, clams, mussels, oysters, whelks, snails and squid
---	---	--

The allergen could be identified in **bold**, **highlighted**, underlined or in *italics*. The example below is for a basic Victoria sponge:-

Eggs, wheat flour, **butter**, sugar, vanilla essence, baking powder

Task - Identify the allergens in the following recipes and produce an ingredients list that could be included on a label. Remember that ingredients should appear in descending order of weight.

<p><u>Scone based pizza</u></p> <p>150g self-raising flour 40g hard margarine or butter a pinch of salt 100ml milk 2 teaspoons tomato puree 150g grated cheese or Mozzarella cheese Optional (50g of each) - Chopped green, yellow or red pepper, olives,</p>	<p><u>Vegetable quiche</u></p> <p>150g plain flour 75g soft margarine or butter 125ml semi-skimmed milk 2 eggs 50g grated Cheddar cheese Optional (50g of each)- sliced mushrooms, halved cherry tomatoes, frozen sweetcorn or peas, chopped green, red or yellow peppers</p>	<p><u>Macaroni cheese</u></p> <p>100g macaroni 100g Cheddar cheese 1 tomato (approx. 50g) 300ml semi-skimmed milk 25g butter 25g plain flour Optional – 1 x 5ml spoon English or Dijon mustard</p>
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Energy needs

This chart shows the amount of energy needed by different people each day.

Age	Male (kJ)	Female (kJ)
0-3 months	2,280	2,160
4-6 months	2,890	2,690
7-9 months	3,440	3,200
10-12 months	3,850	3,610
1-3 years	5,150	4,860
4-6 years	7,160	6,460
7-10 years	8,240	7,280
11-14 years	9,270	7,720
15-18 years	11,510	8,830
19-50 years	10,600	8,110
51-59 years	10,600	8,000
65-74 years	9,710	7,960
75+	8,770	7,610

Think about

1. What do you notice about the amount of energy you need throughout life?
2. Why do some people need more energy than others? What reasons can you give?

Appendix 6 - Country of origin of fruit and vegetables

BANANA Costa Rica	APPLE France	SATSUMA South Africa
PAPAYA Central America	SHARON FRUIT China	RHUBARB United Kingdom
ORANGE South Africa	LEMON Greece	LIME Brazil
POTATO United Kingdom	SWEET POTATO Israel	RED ONION Poland
CANTALOUPE MELON Africa	WATERMELON Africa	PINEAPPLE Costa Rica
LEEK United Kingdom	CARROT United Kingdom	PARSNIP United Kingdom
MANGO India	KIWI FRUIT New Zealand	PASSION FRUIT Brazil

TURNIP France	FENNEL Mexico	BROCCOLI Spain
PHYSALIS Mexico	POMEGRANATE Turkey	COCONUT Caribbean
RED CABBAGE France	COURGETTE Italy	AUBERGINE Holland
BUTTERNUT SQUASH Holland	ASPARAGUS Germany	GARLIC China
GINGER India	OKRA West Africa	LETTUCE France
TOMATOES Canary Islands	CUCUMBER Spain	CELERY United Kingdom