

# Food and Nutrition Labels

All packaged food is required to display a nutrition information label. These labels are regulated by the Food Standards Agency. The labels show the average amount of vitamins and nutrients in a food product. They tell the consumer exactly what is in the product they are eating or drinking and help people to make healthy and informed food choices.

**Opposite is an example of a nutrition label.**

**What does g stand for?** \_\_\_\_\_

**What does mg stand for?** \_\_\_\_\_

**What does kcal stand for?** \_\_\_\_\_

**Work out the total weight of the product**

## NUTRITION INFORMATION

Servings per package: 4

Serving Size 150g

	Quantity per serving	Quantity per 100g
Energy	143 kcal	108 kcal
Protein	4.2g	3g
Fat, total	7.4g	5g
- saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
-Sugars	18.6g	12.4g
Sodium	90mg	60mg

Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), plum (3%), pear (2%), gelatin, culture, thickener (1442)

All quantities above are averages

**What fruit is there most of in this product?**

**Looking at the ingredients of this product, what do you think this product might be?**

**Draw the product below. Think about what the packaging might look like and what it will include.**

