

# Understanding Food Labelling



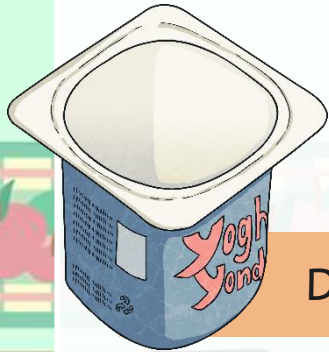
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# Aim

- By investigating food labelling systems, I can begin to understand how to use them to make healthy food choices.



# Why Do We Need Labels on Our Food?



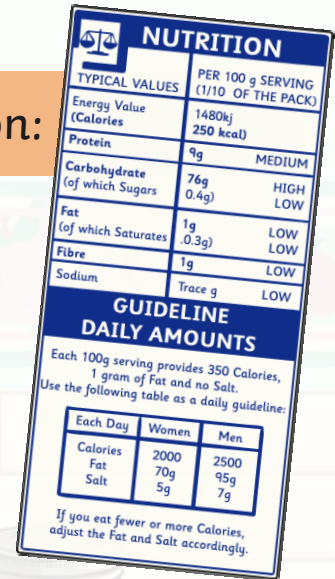
Discuss with a partner. Be prepared to share your reasons



# Food Labelling

Food labels in the UK must contain the following information:

- Name of food
- Mass (weight or volume)
- 'Use by' and 'best before' dates
- How to store the food
- How to prepare the food
- Details of the person or company who either made, packed or is selling the product
- The country where the food was produced
- Ingredients
- Any of the 14 most common allergens
- Nutritional information



**NUTRITION**

TYPICAL VALUES	PER 100 g SERVING (1/10 OF THE PACK)	
Energy Value (Calories)	1480kJ 250 kcal	
Protein	9g	MEDIUM
Carbohydrate (of which Sugars)	76g 0.4g	HIGH LOW
Fat (of which Saturates)	1g 0.3g	LOW LOW
Fibre	1g	LOW
Sodium	Trace g	LOW

**GUIDELINE DAILY AMOUNTS**

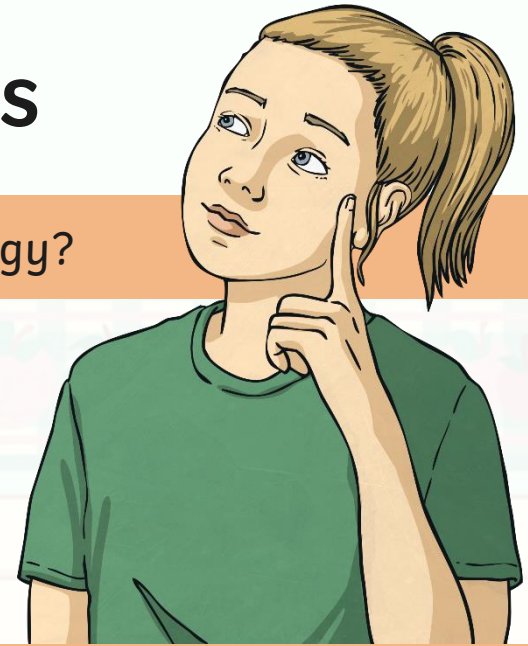
Each 100g serving provides 350 Calories, 1 gram of Fat and no Salt. Use the following table as a daily guideline:

Each Day	Women	Men
Calories	2000	2500
Fat	70g	95g
Salt	5g	7g

If you eat fewer or more Calories, adjust the Fat and Salt accordingly.

# Food Allergies

- Do you know anyone with a serious food allergy?

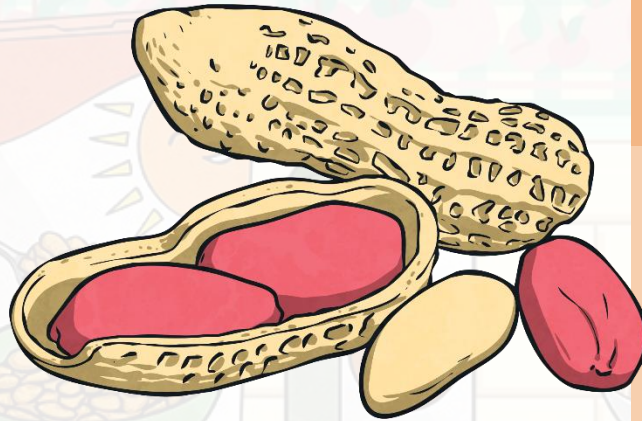


- How do you think food labels help people with food allergies?



# Most Common Food Allergens

- Cereals, e.g. wheat, barley, etc.
- Crustaceans, e.g. prawns, crabs, etc.
- Fish
- Peanuts
- Eggs
- Nuts
- Mustard
- Milk
- Celery
- Soya beans
- Sesame seeds
- Sulphur dioxide and sulphites – used to preserve foods
- Lupin – a garden flower that is used in some foods
- Molluscs, e.g. octopus, squid, etc.



Food labels have to show any of the 14 most common food allergens in bold in their ingredient list.



## Pork Sausages

Ingredients: Pork (85%) Water, Breadcrumbs (**Wheat** Flour, Calcium carbonate, Iron, Yeast, Salt) Black Pepper, Salt, Sage, Parsley, Onion, Preservative (**Sodium metabisulphite**) Coriander, Antioxidant (Ascorbic acid)

**Allergy Advice:** For allergens see ingredients in **bold**.