

# Food and Nutrition Labels

All packaged food is required to display a nutrition information label. These labels are regulated by Food Standards Australia New Zealand through the Food Standards Code. These 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 food choices.

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

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

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

What does kJ stand for? \_\_\_\_\_

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

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

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

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NUTRITION INFORMATION		
Servings per package: 4		
Serving Size 150g		
	Quantity per serving	Quantity per 100g
Energy	600kj	450kj
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		

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

# Food and Nutrition Labels Answers

All packaged food is required to display a nutrition information label. These labels are regulated by Food Standards Australia New Zealand through the Food Standards Code. These 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 food choices.

Opposite is an example of a nutrition label.

What does g stand for? **grams**

What does mg stand for? **milligrams**

What does kJ stand for? **kilojoules**

Work out the total weight of the product

$$4 \times 150 = 600\text{g}$$

What fruit is there most of in this product?

**banana**

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

**milkshake**

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Various answers