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.

Work out the total weight of the product Energy	What does mg stand for?	Servings per package	:: 4	1
What does kJ stand for? What does kJ stand for? Work out the total weight of the product Energy Frotein Fat, total Fat	What does mg stand for?			Toit
What does kJ stand for? Work out the total weight of the product Energy 600kj 450k 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%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages		Serving Size 150g	Quantity	
What does kJ stand for? Work out the total weight of the product Energy 600kj 450k 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%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages			Quantity	
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Work out the total weight of the product Protein Fat, total Saturated Saturated Sodium Protein Fat, total Sodium Protein Fat, total Sodium Protein Fat, total Sodium Sodium Protein Fat, total Sodium Sodium Protein Fat, total Sodium Sodium Sodium Sodium Protein Fat, total Sodium Sodium Sodium Sodium Sodium Sodium Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages			per serving	
Work out the total weight of the product Fat, total - saturated - saturated - Sugars 18.6g 12.4g Sodium 90mg 60mg Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages		Energy	600kj	450kj
Fat, total 7.4g 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%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages	Work out the total weight of the product	Protein	4.2g	3g
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%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages	work out the total weight of the product	Fat, total	7.4g	5g
Sodium Sodium Found Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages		- saturated	4.5g	3.0g
Sodium 90mg 60mg Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages		Carbohydrate, total	18.6g	12.4g
What fruit is there most of in this product? Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages		-Sugars	18.6g	12.4g
What fruit is there most of in this product? banana (10%), strawberry (5%), kiwi fruit (4%), p (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages		Sodium	90mg	60mg
you think this product might be? Draw the product below. Think abo	Looking at the ingredients of this product, what	banana (10%), strawberry (5%), kiwi fruit (4%), plu (3%), pear (2%), gelatin, culture, thickener (1442) All quantities above are averages t Draw the product below. Think abou what the packaging might look like		





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 × 150 = 600g

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

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
	ı	

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.

Various answers



