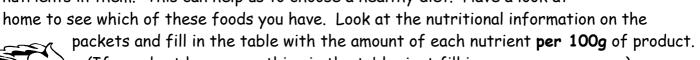
Group:



## Science Homework Looking at food labels

Most packaged foods are labelled with the amounts of different nutrients in them. This can help us to choose a healthy diet. Have a look at



(If you dont have everything in the table, just fill in as many as you can.)

Choose 3 foods of your own and add them to the table.

Food	Protein (for growth)	Carbohydrate (for energy)	Fat (for	Fibre
field finance	12.4g	13.2g	energy)	0.9g
fish fingers			7.2g	
lentils	7.6g	17.5g	0.4g	3.3g
cheese				
burgers/sausages * meat/vegetarian				
biscuits				
milk (100 ml) * skimmed/ semi-skimmed/full fat				
pasta				
bread				
butter/margarine*				
crisps				
chips				
baked beans				
chocolate				
tinned tomatoes				
tinned tuna				
sugar				
rice				
cooking oil				
ice cream				

\* Delete as appropriate.



- 1. Which foods provide the highest amount of protein?
- 2. Which foods provide the highest amount of carbohydrate?

- 3. Which foods provide the highest amount of fat?
- 4. Which foods provide the highest amount of fibre?
- 5. Which foods are best at giving you energy?

6. Which foods are best at helping you grow?

7. What other information do you notice on the food packaging?