Name: _____   Group: _____   Date: _____

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
home to see which of these foods you have. Look at the nutritional information on the
packets and fill in the table with the amount of each nutrient **per 100g** of product.
(If you don't 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 energy)	Fibre
fish fingers	12.4g	13.2g	7.2g	0.9g
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?

_____

_____

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