

LOOKING AT FOOD LABELS

Have a close look at food labelling.

Find the nutrition label, this will tell you how much energy is provided by the food.

It's measured in kilojoules per 100 grammes (kJ/100g). You'll also see it's measured in kilocalories per 100g too; this sheet only uses the kJ measurement.



Food Table

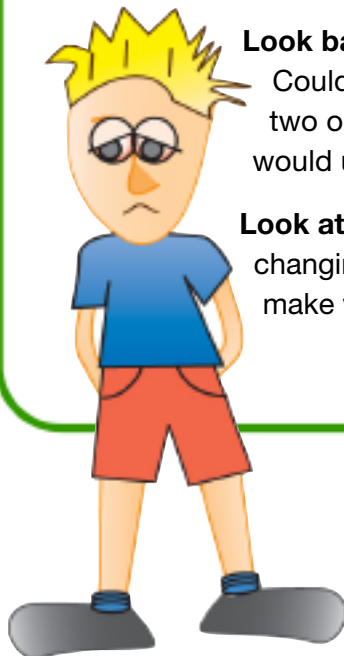
Food	kJ per 100g
Baked beans in tomato sauce	355
Rice – boiled easy white rice	657
Milk chocolate	2177
Packet of crisps	2215
Apple	199
Semi-skimmed milk	195
Bacon, grilled	1194
Butter	3059



Activity

Read some labels of your own and put the information into a table. Put in a wide variety of things. Food that doesn't have labels (like potatoes or some chocolate bars) might appear on the list your teacher will print out for you. If it doesn't appear exactly choose something like it. Remember to work in kJ per 100g.

You'll be able to see that some food provides more energy than others. Though of course we don't always eat 100g. Like butter; you'd only use about 7g on a slice of bread – that's only 214 kJ.



Look back at your Energy Table (from the first Energy worksheet).

Could you change some things to use up more energy? Write down two or three things you might change and show the energy you would use up.

Look at your Food Table. Can you change the energy you take in by changing some of the things you eat? Show the changes you would make with the kJ/100g figure.

We should try to balance the energy we take in with the energy we use. If we take in too much energy – energy we don't use – we store it in our bodies as fat. If we don't take in enough energy we get tired and can't work or play properly.

We should try:

- to eat a variety of different types of food;
- take part in a variety of activities.