



# EMPIRIBOX

## Primary School Science

Here at Empiribox, we combine keeping our bodies fit and healthy with learning about how they work. We see the two things running parallel and give children the chance to explore how to care for themselves at the same time as learning about their eyes, ears, organs and muscles work.

In this class activity, you will learn about the labels we see on our food, what they mean and how to understand them.

Spectacular Science

Food Labels

## What is in our food?

Each food packet has a list of information about the nutritional values for what it contains and many now have a traffic light system to help you understand. When looking at the package, it is important to make sure you're take note of the serving size in relation to the nutritional value.

The traffic light system is designed to help people understand what is in their food at a glance.

### The 5 front categories

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt	
1046kJ 250kcal	<b>3.0g</b>	<b>1.3g</b>	<b>34g</b>	<b>0.9g</b>	
	LOW	LOW	HIGH	MED	
	13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

1. Energy or how many calories in the item
2. Fat content (all fat content – good and bad)
3. Saturated fat content (bad fat which can lead to all kind of diseases)
4. Sugar content
5. Salt content (high salt is not good for our hearts).

These will show weight in grams and also percentage of an adult's daily allowance

### Red, amber, green

To help us understand the numbers a bit better some companies have introduced a simple colour coding to each of the 5 categories. If we focus on the sugar category, we can see that this packaged food has over 20% of the sugar we should be eating in one day. So, it's red.

### What do the numbers mean?

#### Total fat

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

#### Saturated fat (or bad fat)

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

#### Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

#### Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

We should ideally be eating things that have green or orange colours on the front and avoid foods that are red in any category.

### What you will need

A variety of food packages such as a ready meal, packet of biscuits

The food labels chart to track what is in each packet

### Activity – can you find out what is in each food package?

Going through your list of food packages and using the table provided, can you fill out what each food contains and work out which one is the healthiest and which is the unhealthiest?

#### **Top Tip**

Try to get a large variety of food packages to compare.

For more advanced children, see if you can work out which food has the most protein, fibre and carbohydrates.

### Class discussion

As a class, talk about why having a diet high in fat or salt is bad for you. Think about the health implications such as:

- Too much salt will increase your blood pressure as it makes your body hold onto water. This is not good as a high blood pressure puts more strain on your heart (because the pressure going through it is higher) and can cause a heart attack
- High levels of saturated or trans fats in the diet can lead to a higher cholesterol which can cause heart disease and cause you to gain weight
- Too much sugar in your diet can cause many issues;
  - Weight gain
  - Increased risk of heart disease
  - More spots
  - Higher risk of diabetes
  - Increased risk of depression
  - Accelerates aging

<u>Food Package</u>	<u>Portion Size</u>	<u>Energy</u>	<u>Fat</u>	<u>Saturates</u>	<u>Sugars</u>	<u>Salt</u>
Bourbon Creams	One biscuit	68 kcal / 3%	3.0g / 4%	1.7g / 9%	3.5g / 4%	0.1g / 1%