

Worksheet for food label activity

Here are the main meals from the food cards with the corresponding nutrition labels. Please note that these are example values – the values will change according to the ingredients used and the cooking techniques. Many of the labels here have been taken from the website Eat Better Feel Better eatbetterfeelbetter.co.uk

Bowl of wholewheat biscuits and semi-skimmed milk

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
888kJ 211kcal	3.5g MED	1.9g MED	8.9g MED	0.25g MED
11%	5%	10%	10%	4%

Bowl of porridge with strawberries

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1102kJ 262kcal	4.1g LOW	1.8g LOW	17.5g MED	0.2g LOW
13%	6%	9%	19%	3%

Boiled egg with toast soldiers

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
734kJ 175kcal	6.1g MED	0.2g LOW	1.1g LOW	0.51g MED
9%	9%	1%	1%	9%

Bacon roll

(wholemeal roll, less fatty bacon and less bacon)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1303kJ 311kcal	11.5g MED	2.6g LOW	5.1g LOW	3.6g HIGH
16%	16%	13%	6%	60%

Lentil soup with a wholemeal roll

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1127kJ 268kcal	5.8g LOW	0.8g LOW	12.1g LOW	0.8g LOW
13%	8%	4%	13%	13%

Toasted sandwich

(wholemeal bread filled with cheese, lettuce and tomato)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1773kJ 424kcal	20.7g MED	13g HIGH	4.1g LOW	1.59g MED
21%	30%	65%	5%	27%

Pasta salad

(chicken pasta salad with plenty vegetables)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1701kJ 405kcal	9.1g LOW	1.5g LOW	9.5g LOW	0.4g LOW
20%	13%	8%	11%	7%

Fish fingers

(3 fish fingers with spaghetti hoops)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1223kJ 290kcal	8g MED	0.5g LOW	8.5g MED	1.3g MED
1%	11%	3%	9%	22%

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Macaroni cheese

(macaroni with peas, sweetcorn and tomatoes)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1697kJ 407kcal	14.7g MED	6.3g HIGH	8.4g LOW	0.8g LOW
20%	21%	5%	9%	13%

Fajitas

(2 fajitas with chicken, peppers, lettuce)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1576kJ 376kcal	14.4g MED	3.5g MED	9.8g LOW	1.15g MED
19%	21%	18%	11%	19%

Sausage and mash

(2 sausages with peas and mashed potatoes)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
2391kJ 572kcal	30g HIGH	13g HIGH	8.1g LOW	2.6g HIGH
29%	43%	65%	9%	43%

Baked potato with tuna

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
2045kJ 485kcal	7.5g LOW	2.4g LOW	7.3g LOW	2g HIGH
24%	11%	12%	8%	33%

Beans on toast

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1569kJ 370kcal	3g LOW	0.4g LOW	12.5g MED	2.24g HIGH
19%	4%	2%	14%	37%

Salmon dinner with vegetables and potatoes

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1863kJ 443kcal	17g MED	2.6g LOW	15g LOW	0.5g LOW
22%	24%	13%	17%	8%

Roast chicken dinner

(roast chicken, two vegetables and two roast potatoes)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1712kJ 405kcal	4.9g LOW	0.8g LOW	6g LOW	2.3g HIGH
20%	7%	4%	7%	38%

Spaghetti bolognaise

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1462kJ 348kcal	9.4g LOW	2.8g LOW	11.3g LOW	0.5g LOW
17%	13%	14%	13%	8%

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Chicken curry with rice

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
2028kJ 480kcal	7.5g LOW	0.8g LOW	9.2g LOW	0.2g LOW
24%	11%	4%	10%	3%

Venison stew/casserole

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1187kJ 281kcal	5.5g LOW	2.4g LOW	7.5g LOW	1.8g MED
14%	8%	12%	8%	30%

Chickpea burger in bun with salad

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1732kJ 412kcal	17.6g MED	2.8g LOW	8.0g LOW	1.2g LOW
21%	25%	14%	9%	20%

Apple crumble (small bowl of apple crumble)

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
1236kJ 294kcal	9.2g MED	2.2g LOW	22g MED	0.4g LOW
15%	13%	11%	24%	7%

Small pot of jelly with fruit

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
184kJ 44kcal	0g LOW	0g LOW	7g LOW	trace LOW
2%	0%	0%	8%	0%

Small bowl of bananas and custard

Each portion contains

Energy	Fat	Saturates	Sugars	Salts
909kJ 215kcal	2.6g LOW	1.6g LOW	31.4g HIGH	0.3g LOW
11%	4%	8%	35%	5%