IGA FAMILY PROGRAM

Food Label Tracker

This activity is designed to help your child learn how to interpret nutrition information labels and to understand how the *Energy* value of food products is calculated.

Instructions:

- Print off an activity sheet for each child and ask them to choose 8 food products from the fridge or pantry.
- Write down each product in the *Product Name* column and decide on the *Type of Food* (e.g. cereal, sauce, vegetable)
- Fill in the *Serving Size* (grams or millilitres). If you have kitchen scales, measure out the serve to see what it looks like.
- Write down the *Energy* values from the label, then use the *Density Table* below to manually calculate the *Energy* values. (i.e. quantity x density › grams x kilojoules). How do the two totals compare?
- Divide the *Sugar* values by 4 to work out the teaspoons per serve and per 100 grams, and write them on the chart.

Density Table

> Dietary Fibre is not a macronutrient but it is a source of low-density energy

WEIGHT	EACH GRAM OF MACRONUTRIENT			
MACRONUTRIENT [SOURCE]	DIETARY FIBRE	CARBOHYDRATE	PROTEIN	FAT
ENERGY MOLECULE	GLUCOSE	GLUCOSE/FRUCTOSE	AMINO ACID	FATTY ACID
KILOJOULES	8kJ	16kJ	17kJ	37kJ
DENSITY	LOW			HIGH

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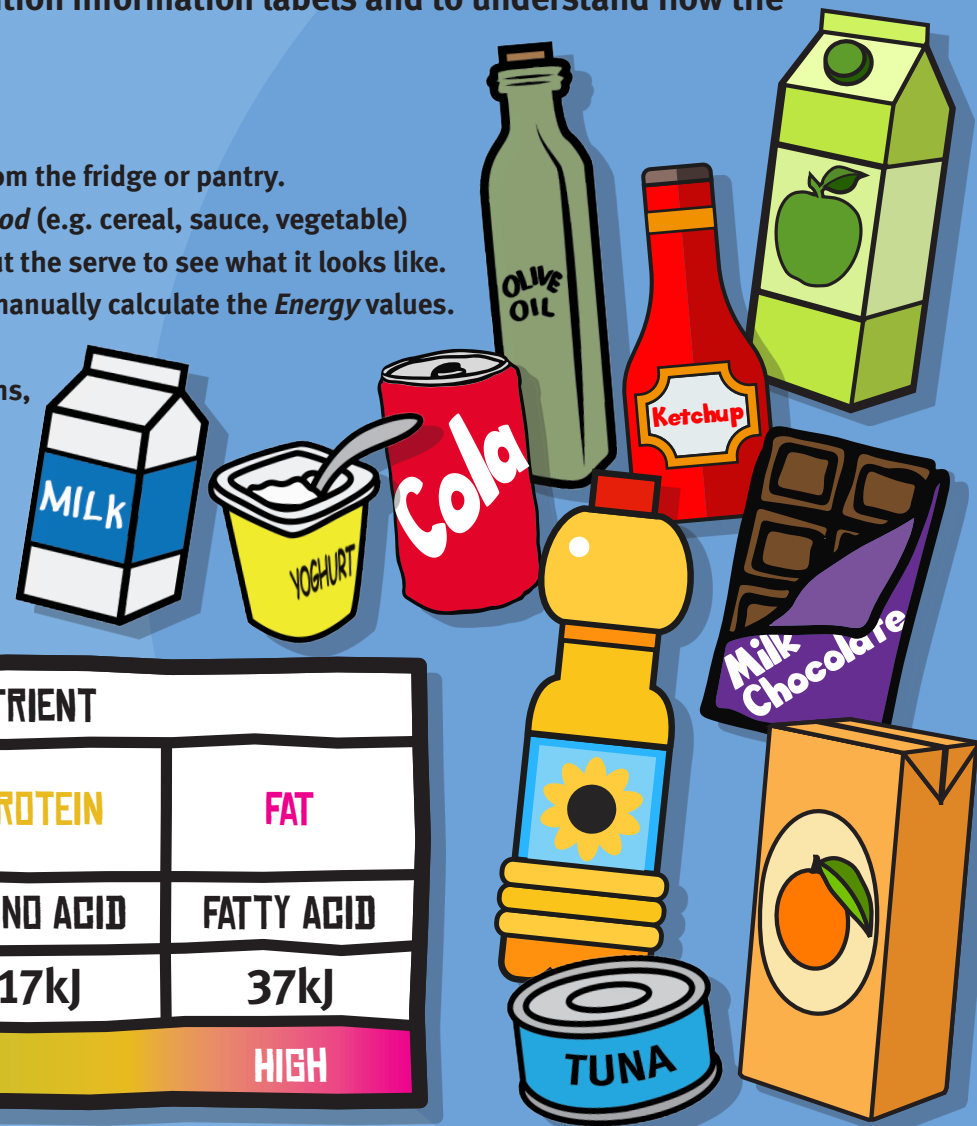
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PRODUCT NAME	TYPE OF FOOD	SERVING SIZE [grams or mls]	ENERGY [per Serve]		ENERGY [per 100 grams]		SUGAR	
			LABEL	MANUAL	LABEL	MANUAL	[per Serve]	[per 100 grams]
			The World Health Organisation recommends limiting added/free sugar to 10% of daily energy intake.					