* Select 1 item from the food products provided (or 2 if there are enough) and complete the tables below. Refer to the suggested resources if required.

**Ingredients List**

|  |  |  |
| --- | --- | --- |
|  | **Product 1** | **Product 2** |
| What is the name of the product? |  |  |
| How many ingredients does the product contain? |  |  |
| By what order must the information in the ingredients list be presented? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| What are the top three most predominant ingredients in the product? |  |  |
| What is the least predominant ingredient? |  |  |
| Considering the main ingredients, what food group do you think this product would belong to?  (e.g. breads & cereals, vegetables, fruit, dairy, meat or extras? May need to consult the AGTHE) |  |  |
| List any ingredients contained in the product if you are unsure of what they actually are. Search to find what the ingredient actually is. |  |  |
| What is one reason why food additives may be used in a product? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| If there are any additives in the product (e.g. 102, 471, 951) list the additive number and name. |  |  |

**Nutrition Information Panels**

|  |  |  |
| --- | --- | --- |
|  | **Product 1** | **Product 2** |
| What is the serving size of the product as described on the Nutrition Information Panel? |  |  |
| How many servings are provided per pack? |  |  |
| Do you think this is a realistic serving size? Why/why not? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| Why can serving sizes be different for similar products? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| In addition to energy (kJ), list the six nutrients that must have values provided in the Nutrition Information Panel. | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| Which product contains more protein   * Per serve? * Per 100g? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  What about nutrient density for protein?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| If someone with high blood pressure was told to reduce their salt intake, which product would be a better choice for them? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  How does the serving size of your product compare to a serve as specified in the AGTHE food groups? | |
| If someone was trying to lose weight and reduce their energy (kJ/Calorie) intake, which product would be a better choice for them? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| If someone with high cholesterol levels was told to reduce their saturated fat intake, which product would be a better choice for them? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

**Percent Daily Intake Labelling**

|  | **Product 1** | **Product 2** |
| --- | --- | --- |
| What is meant by the term percent daily intake (%DI) labelling? |  |  |
| In terms of %DI labelling, what are the reference values used for energy & each of the nutrients?  (The reference values are intended to be a guide for an ‘average’ adult daily intake) | Energy:  Protein:  Fat:  Saturated fat:  Carbohydrate:  Sugars:  Sodium:  Dietary fibre: |  |
| Calculate the %DI for one serve of both your products | Energy:  Protein:  Fat:  Saturated fat:  Carbohydrate:  Sugars:  Sodium:  Dietary fibre: | What is the name of the new front-of-pack-labelling (FOPL) system that assigns stars to nutrients in foods?  How is this new system different to the %DI labelling scheme? |
| **Debate in groups:** What are some advantages and disadvantages to consumers of front-of-pack-labelling (FOPL) systems such as %DI labelling? | | |

**Suggested Information Sources**

Food labelling standards and systems in Australia

* [www.foodstandards.gov.au/consumer/labelling/ingredients/Pages/default.aspx](http://www.foodstandards.gov.au/consumer/labelling/ingredients/Pages/default.aspx)
* [www.foodstandards.gov.au/consumer/additives/additiveoverview/Pages/default.aspx](http://www.foodstandards.gov.au/consumer/additives/additiveoverview/Pages/default.aspx)
* [www.foodstandards.gov.au/consumer/labelling/panels/Pages/default.aspx](http://www.foodstandards.gov.au/consumer/labelling/panels/Pages/default.aspx)
* [www.foodstandards.gov.au/consumer/labelling/Pages/default.aspx](http://www.foodstandards.gov.au/consumer/labelling/Pages/default.aspx)
* <http://www.mydailyintake.net/>
* <http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/About-health-stars>

Australian Dietary Guidelines (AGDs) and Australian Guide to Healthy Eating (AGTHE)

* [www.eatforhealth.gov.au/guidelines](http://www.eatforhealth.gov.au/guidelines)
* [www.eatforhealth.gov.au/sites/default/files/files/the\_guidelines/n55g\_adult\_brochure.pdf](http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55g_adult_brochure.pdf)

Reading food labels

* [www.eatforhealth.gov.au/sites/default/files/files/eatingwell/efh\_food\_label\_example\_130621.pdf](http://www.eatforhealth.gov.au/sites/default/files/files/eatingwell/efh_food_label_example_130621.pdf)