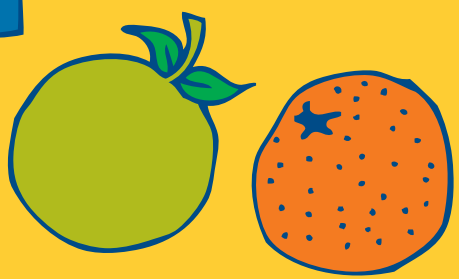
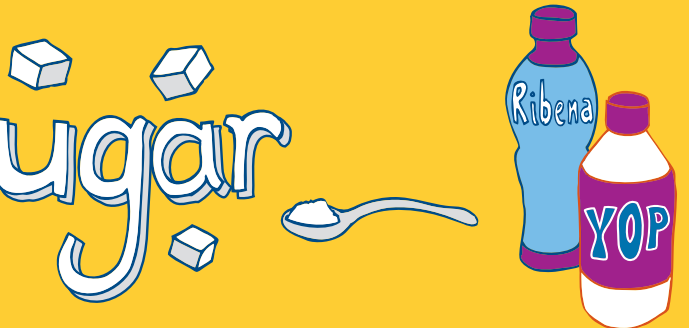


F O O D



Sügar



Labels



Salt



Fat



Food labels

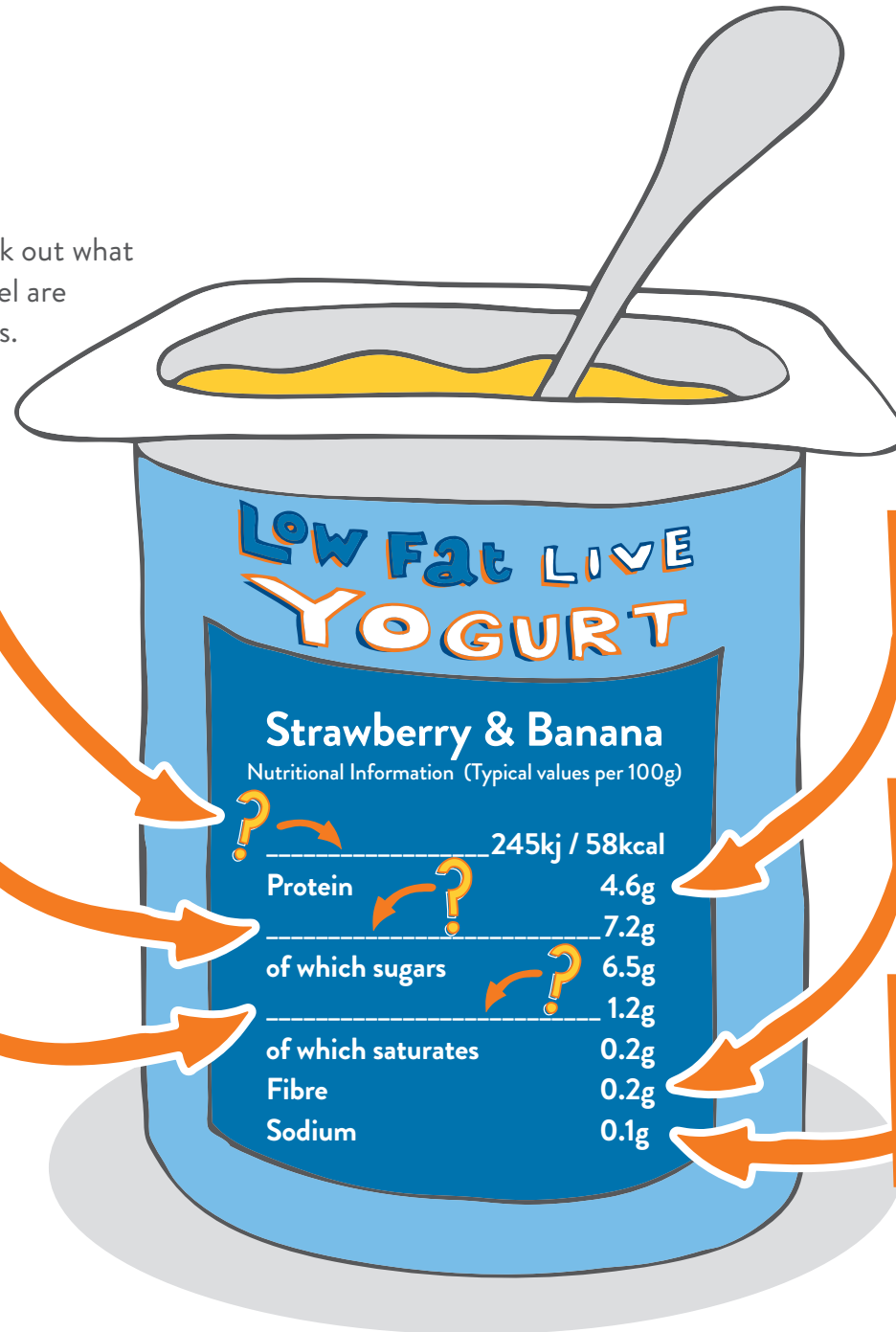
Directions

Use the information below to work out what the missing words on the food label are and write your answer in the boxes.

- This tells us how many calories (kcal) the food has
- Kcal = ?

- We get our energy from this type of food
- This food type gives us 4kcal of energy for every gram we eat

- We should try to cut down on the total amount we eat of this



- The body needs protein to grow and repair itself
- 1g of protein = 4kcal

- Fibre helps to prevent digestive problems

- Sodium is also known as salt
- There are usually higher amounts in processed foods
- Too much salt can cause high blood pressure