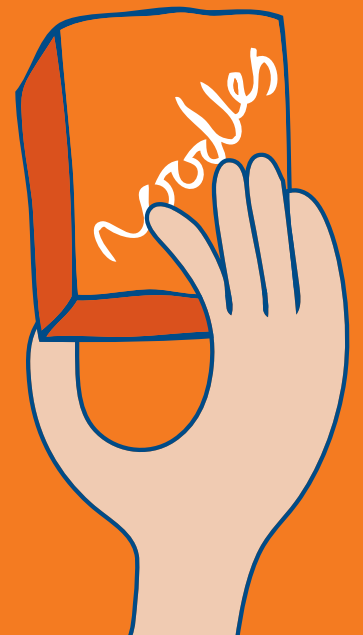


Label

Matching



Label matching

Directions

Match the food labels with the correct foods by drawing a line from the labels to the packets of crisps.

	per 100g	per 25g (pack)
Cal	400kcal	100kcal
Fat	8.1g	2.0g
Sat Fat	1.1g	0.3g
Salt	0.64g	0.16g



	per 100g	per 25g (pack)
Cal	516kcal	258kcal
Fat	30.6g	15.3g
Sat Fat	13.5g	6.8g
Salt	2.0g	1.0g



	per 100g	per 25g (pack)
Cal	406kcal	106kcal
Fat	7.4g	1.9g
Sat Fat	0.8g	0.2g
Salt	1.1g	0.28g



Using the space below, write down two things you would look for on a food label to help you choose a healthier snack.

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Don't be fooled

Remember to check the label on any foods that say 'Lite' or 'Light' on them. There is no law saying how much less fat or how many fewer calories a product should have to be called 'Lite' or 'Light'.

You may be surprised that one brand which is 'Light' has exactly the same amount of calories as a standard version of another brand.

This may be because of the portion size! Compare this bag to the lighter options on the other crisp handout.

	per 100g	per 35.4g (pack)
Cal	470kcal	132kcal
Fat	21.0g	5.9g
Sat Fat	1.9g	0.5g
Salt	0.5g	0.1g

