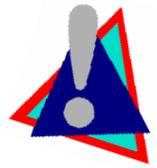


Packaging



Teacher's Notes

The following worksheet has been developed to complement the activities carried out at the Lifeskills Centre. However, it can easily be adapted to suit a wider range of abilities.

Below are some examples of other possible activities:-

- Encourage the children to bring in examples of real packaging that they can look at.
- Ask the children to create their own quiz relating to the subject e.g. create crosswords, word-searches etc.

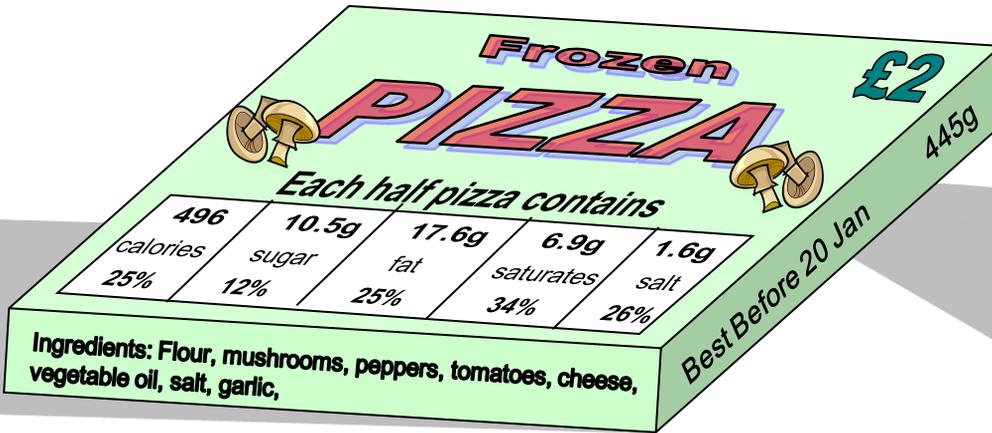
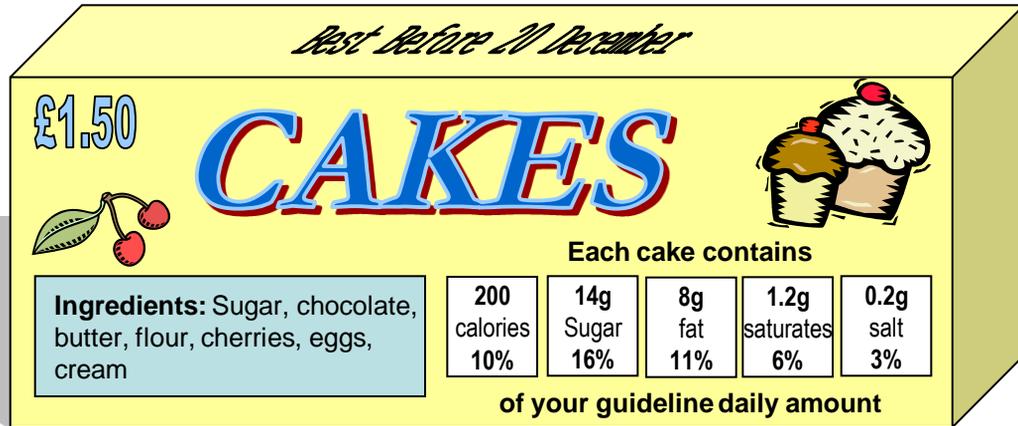
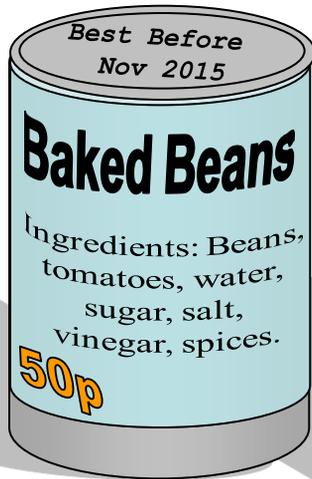


Packaging

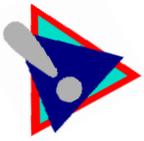


Lots of the food we buy in supermarkets is packed to keep it fresh and clean but packaging can also tell us a lot about the type of food we are buying. For example, all food labels must include a list of ingredients in size order, so the main ingredient will always be shown at the top. A lot of packaging will also help us to decide how healthy the food is by giving information such as the amount of fat and sugar it contains.

Look at the food packaging below and answer the questions at the bottom of the page.



1. What is the main ingredient of the cakes? _____
2. When do you need to eat the yoghurt by? _____
3. When do you need to eat the beans by? _____
4. Which of the foods above would you need to store in the fridge? _____
5. Which of the foods above would you need to store in the freezer? _____
6. If you ate a whole pizza, how many calories would you have eaten? _____
7. If you ate two cakes, how much sugar would you have eaten? _____
8. Nutritional information is often shown in different colours to tell you how healthy something is. What colour is used to show:
 - a) it contains a lot of sugar, fat, saturates or salt? _____
 - b) it isn't too high or low in sugar, fat, saturates or salt? _____
 - c) it contains a low amount of sugar, fat, saturates or salt? _____



Packaging



Answers

1. Sugar.

2. 10th December.

3. The date on the tin is November 2015. However this is a best before date so the beans could be safely eaten after this date as well.

4. Yoghurt.

5. Pizza.

6. 992 calories.

7. 28g (32% of your guideline daily amount).

8. a) red b) amber c) green