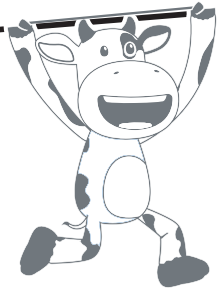


Activity sheet



The law requires that all food products should have a label that gives nutritional information. Some information is compulsory, while other information is optional. Food products are tested to ensure that the information is accurate.

Look at the label of a bottle of drinking yoghurt on the next page. Answer the following questions:

1. What information is given on the label?

2. To which food group does drinking yoghurt belong?

3. How should you store drinking yoghurt? Explain your answer.

4. What is the calcium content of this drinking yoghurt?

5. Does drinking yoghurt contain sugar? Why do you say so?

6. Do you think drinking yoghurt can form part of a healthy diet? Give a reason for your answer.





DRINKING YOGHURT

Strawberry

SHAKE WELL

BB 10 SEPT 2020
06:34

SOURCE OF
CALCIUM 
KEEP REFRIGERATED
Produced in South Africa

SERVING SUGGESTION

TYPICAL NUTRITIONAL INFORMATION

SERVING = 300 ml	PER 100 ml	PER 300 ml	% NRVs* PER SERVING
Energy	581 kJ	1743 kJ	
Protein	1.8 g	5.4 g	10
Glycaemic carbohydrates of which total sugar	16 g 13.9 g	48 g 41.7 g	
Total fat of which saturated fat	1.4 g 0.8 g	4.2 g 2.4 g	
Dietary fibre	0.0 g	0.0 g	
Total sodium	38 mg	114 mg	
Calcium	68.5 mg	205.5 mg	15.8

*NRVs = Nutrient reference values for individuals 4 years and older

ALLERGENS

Milk.

INGREDIENTS

Low-fat milk, reconstituted whey powder, sugar, fruit (6%)
(strawberry puree and apple concentrate), thickener (maize starch),
yoghurt culture, flavouring, colourant,
preservative (potassium sorbate)

Contains 6% real fruit

300 ml



3-A-DAY DAIRY EVERY DAY

