

UNDERSTANDING INFORMATION ON FOOD LABELS

The information on food labels is controlled by law. This ensures that the manufacturer supplies information needed by the consumer to be informed about the food product.

Some information must be included on the label, while other information is voluntary. Voluntary information is also controlled by law to ensure that the information is accurate.

Refer to the labels of a can of baked beans in tomato sauce and a bottle of drinking yoghurt and complete the questions below.



1. What information is found on both these food labels?

2. Which food groups do these food items fit in?

3. Why is the yoghurt labelled 'keep refrigerated'?

4. Sugar is listed as an ingredient in both of these foods. Why do you think this is?

5. Can these foods be eaten as part of a healthy eating plan?

