

SECTION 7 - FOOD LABELLING

Activity Sheet 1—Reading food labels

Give students 1 or 2 items of packaged food. Ask them to find and record the following pieces of information.

Name of the food:		
Weight/Volume:		
Place of origin:		
Manufacturer's name and address:		
Nutritional information:		
Storage instructions:		
Date mark:		
Ingredients list:		