



Week 4– Food Labelling and Healthy Packed Lunches

FOR HELP WITH ANSWERS USE THE CHANGE FOR LIFE WEBSITE
www.nhs.uk/change4life

Q1. Why do we have food labels like this on food packaging?



Q2. What information can a food label give you?

Q3. What are calories?



Q4. How many snacks should we be having a day and how many calories should they be less than?

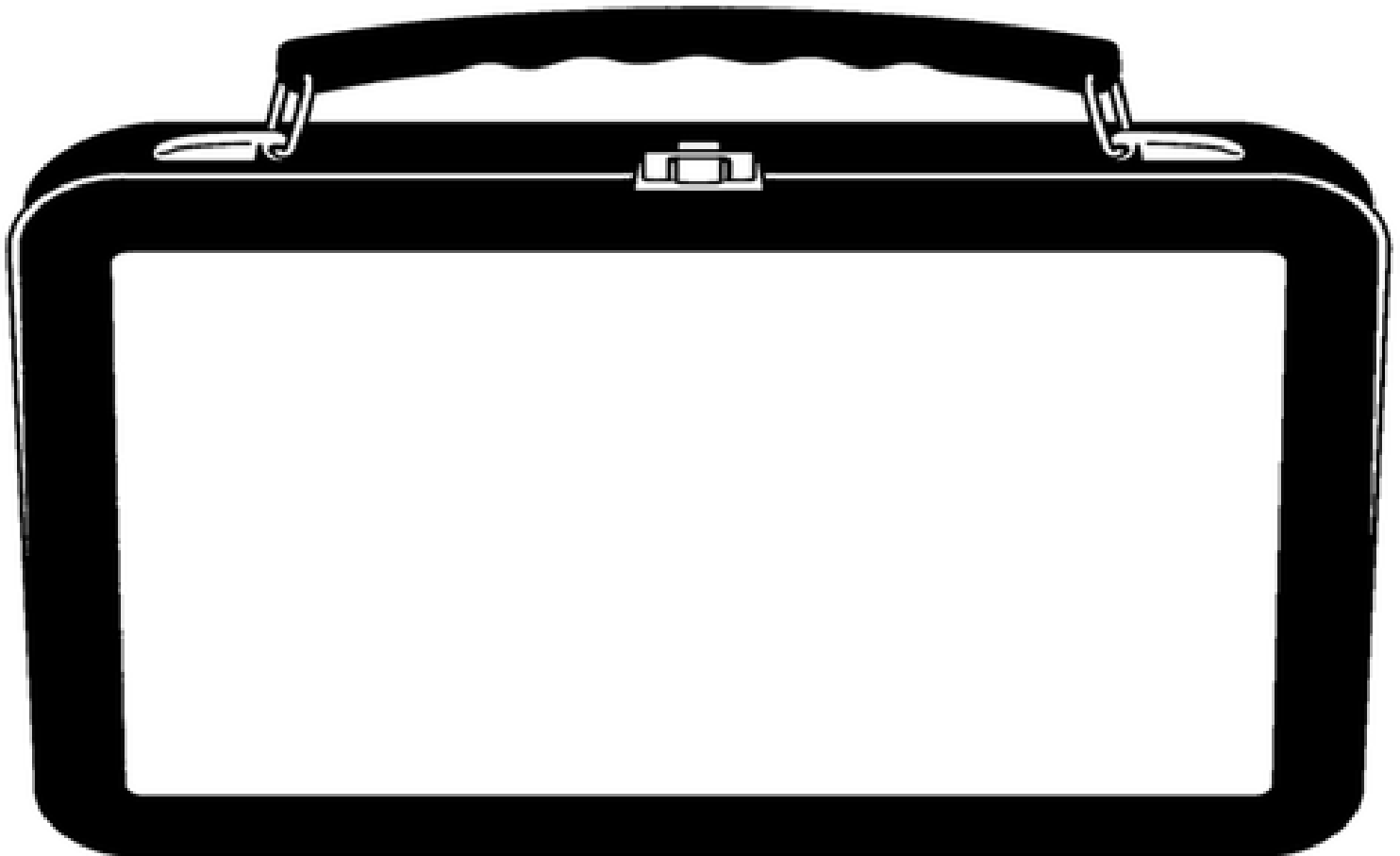


CLUE

Q5. Can you suggest some healthy swaps this person could make to some of the foods in their packed lunch?



Q6. Can you design your own healthy packed lunch including as many of the food groups from the eatwell plate as possible.



Q7. Complete the healthy lifestyle word search below.



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|---------------|-----------|----------------|-------------|
| Cheese | Yoghurt | Egg | Tuna |
| Chicken | Wholemeal | Bread | Fish |
| Salt | Low Fat | Sugar | Chocolate |
| Eatwell Guide | Portions | Healthy Eating | Pear |
| Oranges | Apples | Water | Baked beans |
| Soya | Milk | Vegetables | Fruit |
| Potato | Rice | Pasta | |