



Exploring 4-H at Home



Sustainable Agriculture
and Food Security

Pillar: Sustainable Agriculture and Food Security

Project: Foods

Activity: Reading a Food Label (Pg. 49-50)



CANADA
4-H Saskatchewan

Foods

Leader Guide

Food Labels and Nutrition

Take a look at a can or a jar of a food product. There's probably a logo, some images and the name. If you look at the back, you might see a white rectangle with a whole bunch of information in English and French. That's a **Food Label!** The government requires that all major manufacturers include three important pieces of information:

Nutrition Facts Table

- The nutrition facts state the serving size, number of calories and nutrients of that food.
- It's important to remember that all of this information applies to one serving.
- Serving Size: This is provided in familiar units such as cups, grams or pieces. The rest of the information on the table applies to this amount.
- Calories: Provides a measure of how much energy you get from one serving of the food product.
- % of Daily Value: To see if a food has a little or a lot of nutrients compared to what is recommended.
- Quick Guide to % of Daily Values
 - 5% or less is low – use for fat, sodium and cholesterol ·
 - 10 % or less is low –use for saturated and trans fat ·
 - 15% or more is high – use for fibre, calcium, iron and vitamins A and C
- Nutrition Amounts: The nutrition facts table must list 13 core nutrients:
 - fat, saturated fat, trans fat, sodium, fibre, cholesterol, vitamin A, vitamin C, calcium, iron, carbohydrate, sugar and protein

Ingredient List

- The ingredient list provides an overview of what is in the food. Ingredients are listed by weight from most to least. Ingredients lists are useful for people with food allergies or those who avoid or limit certain ingredients in foods.

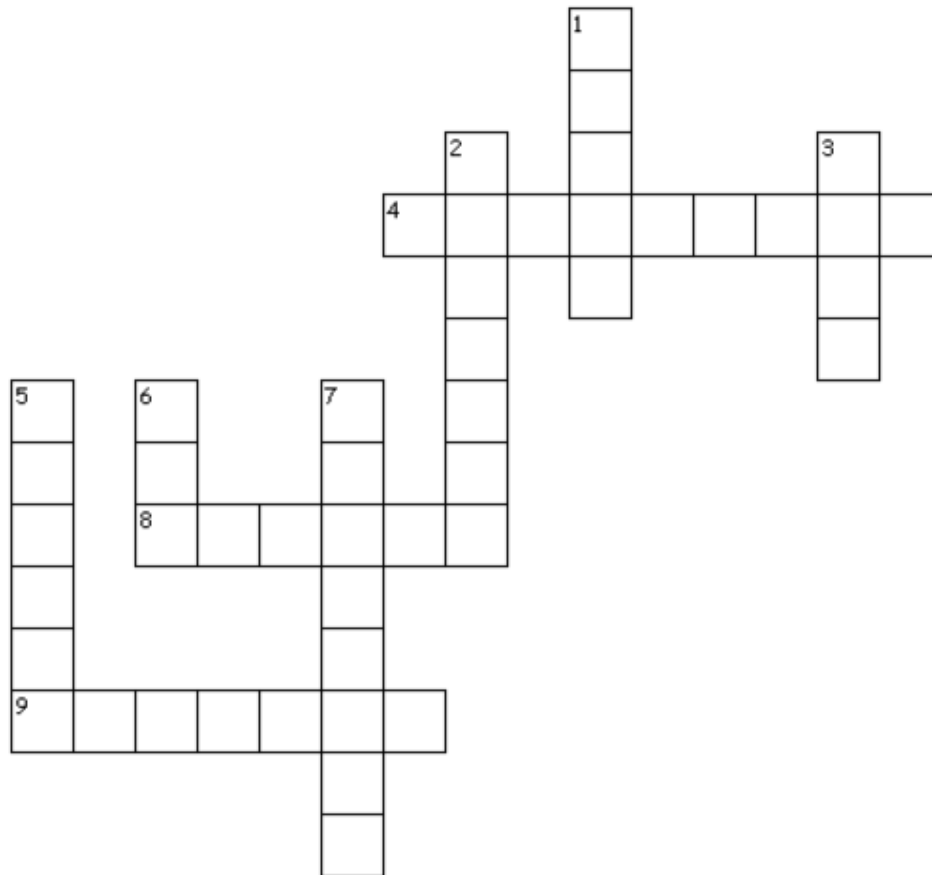
Nutrient Content Claims

- Nutrient content claims tell you about important nutritional features of a food. A food must meet government standards before it can display a content claim about a nutrient. A nutrient claim can also highlight a relationship between what you eat and different diseases. For example:
 - No sugar added or unsweetened ·
 - No salt added or unsalted ·
 - Low- Products that contain a very small amount of the nutrient ·
 - Reduced- At least 25% less of a nutrient compared with a similar product

Activity

Using this food label, complete the below crossword.

Nutrition Labels



Yogourt grec 2% vanille
Vanilla 2% Greek Yogourt

Valeur nutritive	
Nutrition Facts	
pour 3/4 de tasse (175 g)	
Per 3/4 cup (175 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 160	
Lipides / Fat 3.5 g	5 %
saturés / Saturated 2 g	11%
+ trans / Trans 0 g	
Cholestérol / Cholesterol 10 mg	
Sodium / Sodium 60 mg	3 %
Glucides / Carbohydrates 18mg	6 %
Fibres / Fibre 1 g	4 %
Sucres / Sugars 17 g	
Protéines / Protein 14 g	
Vitamine A / Vitamin A	4 %
Vitamine C / Vitamin C	0 %
Calcium / Calcium	20%
Fer / Iron	0 %

Lait écrémé, sirop aromatisé à la vanille (Sucre, eau, arôme naturel, pectine, gomme de caroube, jus de citron concentré), crème, concentré de protéines de lait, cultures bactériennes, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus casei.
Skim milk, Vanilla flavoured syrup (sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate), cream, milk protein concentrate, bacterial cultures, Bifidobacterium lactis, Lactobacillus casei.

Across

- There are more _____ fats than Trans fats
- Eating this yogurt will give you 3% of the Daily Value of this nutrient
- There are 14 grams of this nutrient in one serving

Down

- The second-largest ingredient by weight
- This nutrient has the greatest % Daily Value
- This is how much Vitamin C there is in the yogurt
- The serving size
- Is this a healthy snack?
- The largest ingredient by weight