Health & Wellbeing

10

THEME: Healthy Eating – Understanding labels

Understanding labels is extremely when pursing a balanced diet, without this knowledge young people cannot make informed decisions. Session 9 focused on providing comprehensive knowledge on the different food groups needed for a balanced diet and why they are important. This session will build on this and focuses on equipping participants with the knowledge on how to read labels and practically apply what they learned in session 9. By the end of this session, young people will have the ability to make better informed decisions on their dietary consumption and understand how to apply the traffic light system.

LEARNING OBJECTIVES

1. Participants to explore the importance associated with being able to understand and interpret food labels.
2. To understand the challenges faced by consumers.
3. To develop an understanding of the traffic light system for food categorisation.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction	Introduce the topic and review of objectives that will be pursued. **Icebreaker:** The facilitator asks each young person to form a circle and make a declarative statement about their nutritional/eating habits. For example, my name is Alex and I always skip breakfast, or I like to eat toast before bedtime. Once each group has made a statement, the first person is tasked with going around everyone and remembering their statement. This will create talking points and help the group get to know each other better. This can also be used to challenge perceptions, i.e., ask participants to state a fact they know about healthy eating and remember these from others.	15 minutes
Establish context and gauge group knowledge on the topic.	Think, Pair, Share method for guided learning. Do you think label reading is important? Would you ever look at the labels when you are buying a product at the shop? If so, do you understand it?	15 minutes

Why reading labels is important	Ask the group the question and then compare the responses with the four key reasons below. **Helps you make informed decisions** around the food groups that you consume and how much calories are in each product. **Keeps you safe** by telling you the recommended storage. This prevents contamination and prevalence of bacteria. **Detects harmful ingredients-** this helps you make decisions around allergy. For example, some people are allergic to dairy products and nuts. **Warns you a about the recommended date of consumption** which prevents you from getting food poisoning.	20 minutes
Challenges faced by consumers	Most labels only represent the dietary information for 100g of the product. However, the product may be 350g. Consumers must therefore calculate this when looking to accurately find out the nutritional content.	30 minutes
Activity	Activity for exploratory learning: working in groups with the labels provided, can you calculate how many calories are in the whole product and the content for all the food groups. Explain that displaying 100g can make products seem healthier as the content displayed across all food groups will be significantly reduced. The following video explains the pitfalls that consumers make and outlines the key components that you must look out for when pursuing a healthy lifestyle. https://www.youtube.com/watch?v=Orj7p3KQcyQ	20 minutes
Why reading the labels is important for a healthy lifestyle?	Having the ability to understand labels comes hand in hand with living a healthy lifestyle. Can you think of some of the reasons why? Nutrition labels helps you choose between products and keep track of the amount of food you're eating and how much you are eating. If you cannot understand what you are eating, you will be unable to track your foods accurately. This could lead to weight fluctuations. People may also get very frustrated if they believe they are eating healthy but seeing no improvement.	20 minutes

Making reading labels simple- the traffic light system.	The Food Information Regulation provides a blueprint that each manufacturer must do for best practice. One of these recommendations is that they implement the traffic light system. This is where they manufactures will colour coat their labels with green, amber and red. (Slide 7+) Green means low percentages for each ingredient and safe to consume frequently. Amber means it should be consumed less frequently and red means intake should be limited. Slide 8 provides an overview on how and why products are categorised as green, amber and red	10 minutes
Active game for understanding	**Traffic Lights**: Have a selection of labels or products in front of you. Participants move around the hall; a product name will be called out. If the participants think it should be green, they continue to run, amber they jog on the spot and red they freeze and stop immediately. If you are in a room do a walk for green, jog on the spot for amber and freeze for red. This can also be done where young people line up in the middle of the hall. One wall is labelled green, middle is amber, and red is another wall. When products are called, they must run to a wall. At the end of each call, ask the participants for rationale into their decisions and outline the answers.	20 minutes
Activity	Individually take a page and write down what you have bought that week from the shop. You must then allocate a colour to all your choices and a colour to your overall choice. Tutor to ask in the end for participants to raise hands if their choices are all green, amber or red. This will help young people reflect on their choices and become more conscious about decisions they make.	
Conclusion & reflection	Young people to list 2 things they learned from the session and one thing they will do moving forward based upon learning.	10 minutes
Collective activity (optional)	For your club, create a poster that promotes awareness about the traffic light system or alternatively, review items from the tuck shop you have, review how many products are in the red and complete an action plan on how you could change this to green or amber. This can be used as an alternative to the work booklet to demonstrate learning.	20 minutes
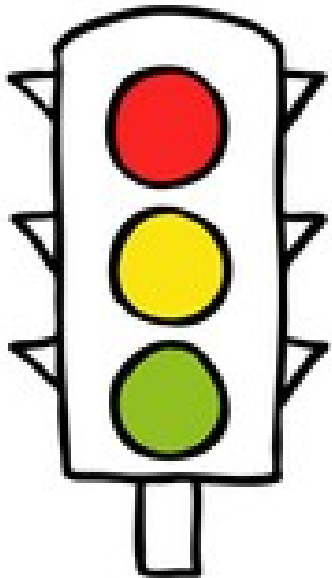
TO BE COMPLETED AT THE END OF THE PROGRAMME
Please circle.

How satisfied are you with the programme you participated in?

Very Satisfied   Satisfied   Not Satisfied

How important do you think your health and wellbeing is?

Not important   Very important

1	2	3	4	5

Rate your:	Poor				Excellent
Level of physical activity/ exercise	1	2	3	4	5
Commitment to eat a healthy, balanced diet	1	2	3	4	5
Knowledge on how to help keep healthy relationships/ friendships	1	2	3	4	5
Knowledge on how to help keep a healthy lifestyle	1	2	3	4	5
Knowledge on how to help keep a healthy mind	1	2	3	4	5

Learner Name: ……………………………………………………………………..

Club: ……………………………………………………………………

How Healthy Is Your Breakfast Cereal
Which cereal is the best option?

Cheerios

with Whole Grain

Cheerios

Toasted Whole Grain Oat Cereal

Clinically PROVEN to Help Reduce Cholesterol!

Nutrition Facts
Serving Size 1 cup (28g)
Children Under 4 – ¾ cup (21g)
Servings Per Container about 14
Children Under 4 - about 19

Amount Per Serving	Cheerios	with ¼ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10

	% Daily Value**		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	140mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

		% Daily Value
Protein		9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	6%
Iron	45%	45%	45%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B12	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

NET WT 14 OZ (396g)

INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, SUGAR, OAT BRAN, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, CORN STARCH, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D.

DIST. BY General Mills Cereals, LLC
GENERAL OFFICES, MPLS., MN 55440 USA
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Original Weetabix

134 calories per 2 Weetabix (no milk) Suitable for vegetarians. Add 60 calories for 125ml semi skimmed milk. Low GI when served with milk.

Nutrition per 100g:		
Calories:	358	
Protein:	11.5g	
Carbohydrate:	68.6g	
Sugar:	4.4g	
Fat:	2.0g	
Saturates:	0.6g	
Fibre:	10.0g	
Salt:	0.65g	

Sugars – Low
Fat – Low
Sat. Fat – Low
Salt – Med

Ingredients: Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.

TRY ME HOT!

Weetabix
Fuel your day...

Kellogg's FROSTED FLAKES

Nutrition Facts / Datos de Nutrición
Serving Size / Tamaño de porción ¾ Cup / ¾ de taza (29g)
Servings Per Container / Porciones por envase About 18 / 18 aprox.

Amount Per Serving / Cantidad por porción	Cereal	with ½ cup skim milk / con ½ taza de leche descremada
Calories / Calorías	110	150
Calories from Fat / Calorías de grasa	0	0

	% Daily Value** / % Valor diario**	
Total Fat / Grasa total 0g*	0%	0%
Saturated Fat / Grasa saturada 0g	0%	0%
Trans Fat / Grasa trans 0g		
Polyunsaturated Fat / Grasa pollinsaturada 0g		
Monounsaturated Fat / Grasa monoinsaturada 0g		
Cholesterol / Colesterol 0mg	0%	1%
Sodium / Sodio 150mg	6%	8%
Potassium / Potasio 35mg	1%	7%
Total Carbohydrate / Carbohidratos totales 26g	9%	11%
Dietary Fiber / Fibra dietética <1g	3%	3%
Sugars / Azúcares 10g		
Protein / Proteínas 1g		

Vitamin A / Vitamina A	10%	15%
Vitamin C / Vitamina C	10%	10%
Calcium / Calcio	0%	15%
Iron / Hierro	25%	25%
Vitamin D / Vitamina D	10%	25%
Thiamin / Tiamina	25%	25%
Riboflavin / Riboflavina	25%	35%
Niacin / Niacina	25%	25%
Vitamin B6 / Vitamina B6	25%	25%
Folic Acid / Ácido fólico	25%	25%
Vitamin B12 / Vitamina B12	25%	35%

FROSTED FLAKES
OF CORN / DE MAÍZ

THEY'RE GR-R-REAT!

NET WT/PESO NETO 19 OZ (1 LB 3 OZ) (53...

Sainsbury's Crumpets

Typical Values	Per 100g
Energy	200 kcal
Protein	6.2g
Carbohydrate	41.9g
of which sugars	4.0g
Fat	0.8g
of which saturates	0.2g
Fibre	2.7g
Sodium	0.8g

Waitrose Rolled Porridge Oats

Typical Values	Per 100g
Energy	359 kcal
Protein	11.0g
Carbohydrate	60.4g
of which sugars	1.5g
Fat	8.1g
of which saturates	1.6g
Fibre	8.5g
Sodium	trace

Scott's Porage Oats Old Fashioned

Typical Values	Per 100g
Energy	356 kcal
Protein	11.0g
Carbohydrate	60.0g
of which sugars	1.1g
Fat	8.0g
of which saturates	1.5g
Fibre	9.0g
Sodium	trace

Dorset Cereals Simply Delicious Muesli

Typical Values	Per 100g
Energy	366 kcal
Protein	12.2g
Carbohydrate	50.7g
of which sugars	15.3g
Fat	9.1g
of which saturates	2.5g
Fibre	5.6g
Sodium	trace

Waitrose Roasted Red Pepper Houmous

Typical Values	Per 100g
Energy	284 kcal
Protein	6.4g
Carbohydrate	5.8g
of which sugars	1.9g
Fat	26.2g
of which saturates	2.9g
Fibre	6.5g
Sodium	0.51g

Waitrose Lemon & Coriander Houmous

Typical Values	Per 100g
Energy	315 kcal
Protein	6.7g
Carbohydrate	9.2g
of which sugars	2.7g
Fat	28.0g
of which saturates	2.8g
Fibre	7.9g
Sodium	0.54g

Waitrose Slow Roasted Tomato Houmous

Typical Values	Per 100g
Energy	291 kcal
Protein	6.8g
Carbohydrate	7.7g
of which sugars	3.2g
Fat	25.9g
of which saturates	2.9g
Fibre	7.2g
Sodium	0.38

Marks & Spencer Baked Potato with Cheese

Typical Values	Per 100g
Energy	110 kcal
Protein	3.6g
Carbohydrate	16.9g
of which sugars	2.6g
Fat	3.2g
of which saturates	1.7g
Fibre	1.0g
Sodium	0.1g

Weetabix

Typical Values	Per 100g
Energy	338 kcal
Protein	11.5g
Carbohydrate	68.4g
of which sugars	4.4g
Fat	2.0g
of which saturates	0.6g
Fibre	10.0g
Sodium	0.26g

Be-Ro Plain Flour

Typical Values	Per 100g
Energy	334 kcal
Protein	10.4g
Carbohydrate	70.1g
of which sugars	1.4g
Fat	1.3g
of which saturates	0.2g
Fibre	3.2g
Sodium	trace

Tesco Ready to Eat Dried Apricots

Typical Values	Per 100g
Energy	165 kcal
Protein	3.9g
Carbohydrate	36.0g
of which sugars	36.0g
Fat	0.6g
of which saturates	0.4g
Fibre	6.3g
Sodium	trace

Sundora Fruity Exotic Mix

Typical Values	Per 100g
Energy	287kcal
Protein	2.5g
Carbohydrate	62.0g
of which sugars	56.5g
Fat	2.0g
of which saturates	1.3g
Fibre	4.5g
Sodium	trace

Loyd Grossman Tomato & Basil Pasta Sauce

Typical Values	Per 100g
Energy	90 kcal
Protein	1.7g
Carbohydrate	7.9g
of which sugars	7.1g
Fat	5.7g
of which saturates	0.7g
Fibre	0.8g
Sodium	0.5g

Wagamama Spicy Chilli Men Stir-fry Sauce

Typical Values	Per 100g
Energy	110kcal
Protein	2.0g
Carbohydrate	14.9g
of which sugars	5.3g
Fat	4.7g
of which saturates	0.3g
Fibre	0.6g
Sodium	0.8g

Sainsbury's Whole Water Chestnuts

Typical Values	Per 100g
Energy	18kcal
Protein	0.8g
Carbohydrate	3.4g
of which sugars	0.3g
Fat	Trace
of which saturates	Trace
Fibre	0.4g
Sodium	trace

Heinz Tomato Ketchup

Typical Values	Per 100g
Energy	102kcal
Protein	0.9g
Carbohydrate	23.9g
of which sugars	23.5g
Fat	0.1g
of which saturates	Trace
Fibre	0.6g
Sodium	1.2g

Sainsbury's Sweet Potatoes

Typical Values	Per 100g
Energy	87kcal
Protein	1.2g
Carbohydrate	21.3g
of which sugars	5.7g
Fat	0.3g
of which saturates	0.1g
Fibre	1.2g
Sodium	trace

Waitrose Curly Kale

Typical Values	Per 100g
Energy	34kcal
Protein	3.4g
Carbohydrate	1.4g
of which sugars	1.3g
Fat	1.6g
of which saturates	0.3g
Fibre	2.0g
Sodium	trace

Sainsbury's Organic Watercress, Spinach & Rocket

Typical Values	Per 100g
Energy	8kcal
Protein	1.0g
Carbohydrate	0.5g
of which sugars	0.2g
Fat	0.2g
of which saturates	Trace
Fibre	0.5g
Sodium	trace

Sainsbury's Mushroom Stir-fry

Typical Values	Per 100g
Energy	49kcal
Protein	2.8g
Carbohydrate	3.3g
of which sugars	2.6g
Fat	2.7g
of which saturates	0.3g
Fibre	2.8g
Sodium	trace

Haribo Starmix

Typical Values	Per 100g
Energy	342kcal
Protein	6.6g
Carbohydrate	77g
of which sugars	47g
Fat	<0.5g
of which saturates	0.1g
Fibre	0
Sodium	0.03g

Maynards Bassetts Liquorice Allsorts

Typical Values	Per 100g
Energy	380kcal
Protein	5.6g
Carbohydrate	79g
of which sugars	62g
Fat	4.2g
of which saturates	3.5g
Fibre	0
Sodium	0.1g

Nutella & Go Hazelnut Spread & Breadsticks

Typical Values	Per 100g
Energy	516kcal
Protein	7.1g
Carbohydrate	61.8g
of which sugars	43.7g
Fat	26g
of which saturates	9.4g
Fibre	0
Sodium	0.65g

Cadbury Freddo

Typical Values	Per 100g
Energy	530kcal
Protein	7.5g
Carbohydrate	56.5g
of which sugars	56g
Fat	30.5g
of which saturates	18.5g
Fibre	0.7g
Sodium	0.23g

Tesco Mushroom Stir-fry

Typical Values	Per 100g
Energy	26kcal
Protein	2.4g
Carbohydrate	4.0g
of which sugars	1.2g
Fat	0.1g
of which saturates	0.1g
Fibre	1.8g
Sodium	trace

Nairn's Oat Biscuits Fruit & Spice

Typical Values	Per 100g
Energy	412kcal
Protein	8.6g
Carbohydrate	65.3g
of which sugars	19.1g
Fat	12.9g
of which saturates	5.2g
Fibre	8.0g
Sodium	0.3g

Cadbury Fingers Milk Chocolate

Typical Values	Per 100g
Energy	515kcal
Protein	6.8g
Carbohydrate	60.8g
of which sugars	34.9g
Fat	27.1g
of which saturates	10.8g
Fibre	1.7g
Sodium	0.2g

Marks & Spencer Double Chocolate Whip

Typical Values	Per 100g
Energy	495kcal
Protein	6.4g
Carbohydrate	58.3g
of which sugars	53.8g
Fat	26.3g
of which saturates	16.6g
Fibre	2.3g
Sodium	0.07g

Tesco Raspberry Cheesecake

Typical Values	Per 100g
Energy	310kcal
Protein	4.6g
Carbohydrate	33.9g
of which sugars	22.9g
Fat	20.4g
of which saturates	11.1g
Fibre	2.0g
Sodium	0.3g

Tesco Fresh Cream Chocolate Eclair

Typical Values	Per 100g
Energy	430kcal
Protein	6.0g
Carbohydrate	31.1g
of which sugars	22.1g
Fat	30.9g
of which saturates	17.1g
Fibre	1.8g
Sodium	0.2g

McVitie's Dark Chocolate Hobnobs

Typical Values	Per 100g
Energy	492kcal
Protein	6.5g
Carbohydrate	59.6g
of which sugars	31.4g
Fat	23.8g
of which saturates	11.9g
Fibre	6.2g
Sodium	0.65g

Jacob's Fig Rolls

Typical Values	Per 100g
Energy	380kcal
Protein	4.0g
Carbohydrate	71.4g
of which sugars	32.4g
Fat	8.8g
of which saturates	3.9g
Fibre	3.3g
Sodium	0.2g