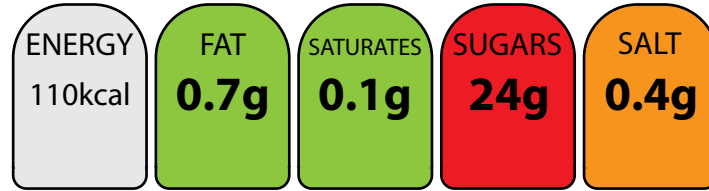


Food labelling

All food packaging displays information which tells you about the nutritional content of the food inside. The colours explain whether the food has high, medium or low amounts of fat, saturated fat, sugars and salt per 100g. Red indicates high levels, amber means 'medium', and green shows low levels.



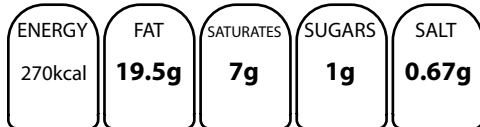
Shops obtain information for their labels from the guidelines set out below:

	Total fat	Saturated fat	Sugars	Salt
Low	3g or less per 100g	1.5g or less per 100g	5g or less per 100g	0.3g or less per 100g
Medium	Between 3g and 17.5g 100g	Between 1.5g and 5g per 100g	Between 5g and 22.5g per 100g	Between 0.3g and 1.5g per 100g
High	More than 17.5g per 100g	More than 5g per 100g	More than 22.5g per 100g	More than 1.5g per 100g

Now it's your turn:

The following labels haven't been finished. Use the information in the table to colour them in correctly.

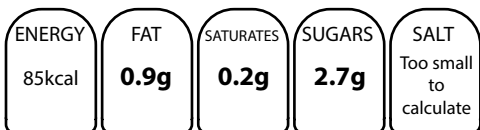
Pizza per 100g



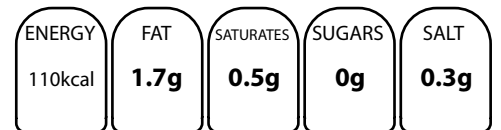
Oven chips



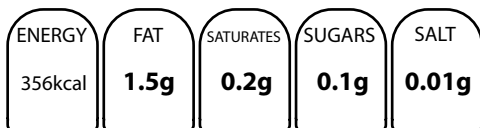
Frozen peas



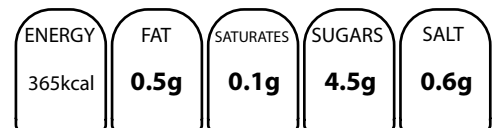
Chicken breasts



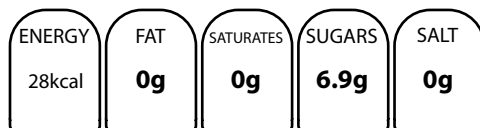
Rice



Baked beans



Sweet fizzy orange juice



Low-sugar squash

