

How much in your dinner?

Katie and Jake have had two different meals. Can you use the information below to fill in a nutritional chart for each of them?

Use the information from the table to fill in the blank labels to show how many calories and grams of fat, saturated fat, sugars and salt were in their meals. Finish by colouring the labels to show whether they were high, medium or low.

Who do you think had the healthiest meal?

Katie had:

- 200g of pizza
- 300g of oven chips
- 200g of baked beans
- 200ml of fizzy orange

ENERGY	FAT	SATURATES	SUGARS	SALT

Jake had:

- 200g chicken breast
- 100g of rice
- 200g of frozen peas
- 200ml of low-sugar squash

ENERGY	FAT	SATURATES	SUGARS	SALT