

Nutrition: reading the label

living-things

What you need: clean empty drinks packaging with readable nutrition labels (mixed everyday brands) · clean empty snack packaging with readable nutrition labels · granulated sugar · metal or plastic teaspoon · small clear cups or saucers for sugar teaspoon piles · Investigation Journal page

Words to use

Nutrition label · Teaspoon of sugar · Fair ranking

Our question

Which everyday drinks and snacks have the most sugar when we read the labels fairly, and which items are high in salt?

I predict...because...

Words to sort

savoury snack pack · milk or yogurt drink pack · sweet snack or cereal bar pack · fruit juice or smoothie pack · soft drink can or bottle · water or sugar-free drink pack

Two separate sugar lines only: drinks ordered least to most by sugar per 100 ml; snacks ordered least to most by sugar per 100 g; then notice salt

Order	What goes here	How I knew
1st		
2nd		
3rd		
4th		
5th		
6th		

Which drink had the most sugar when compared fairly (per 100 ml)?

Which snack had the most sugar when compared fairly (per 100 g)?

Which item had the most salt?