

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

Words to use

Nutrition label · Sugar per 100 ml · Sugar per 100 g · Teaspoon of sugar · Fair ranking

Our question

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

I predict...(highest in sugar, highest in salt) because...

Our packs – write each one down as soon as you read its label

Pack	Sugar per 100 ml (drinks) or per 100 g (snacks)	Teaspoons (sugar g ÷ 4)	Salt (g)	Drinks line or snacks line?	Place in the line

The fair-ranking rule for each line (so someone else could follow it)

Star ★ any pack whose number surprised you. What surprised you and why?

One thing a nutrition label can tell you that the front of the pack might not