



Nutrition: fresh, whole foods or ultra-processed?

5th Class

Print and cut along the dashed lines. These carry the **text a group reads**: a job to do, a brief to research, or notes to identify by. Check the lesson's teacher notes for how many sets each group needs and how they are used: some lessons hand out one card per group, others sort or sequence a full set.

Card 1: Fresh apple

No packet, so the apple is its own list.
Ingredients: apple

Card 2: Porridge oats

Ingredients: wholegrain oats

Card 3: Plain yoghurt

Ingredients: milk, live yoghurt cultures

Card 4: Brown bread

Ingredients: wholemeal flour, water, yeast, salt

Card 5: Fruit yoghurt pot

Ingredients: milk, sugar, strawberry puree, modified starch, flavouring, colour

Card 6: Sugary cereal

Ingredients: wheat, sugar, glucose syrup, salt, honey, colour, flavouring, antioxidant

Card 7: Fruit-flavoured snack

Ingredients: sugar, glucose syrup, wheat flour, palm oil, citric acid, flavouring, colour

Card 8: Ready-salted crisps

Ingredients: potatoes, vegetable oil, salt, flavouring