INSTRUCTIONS AND ANSWERS: WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT? WORKSHEET 1

Module 1: Topic 5

Duration 20 minutes

Required Give each person a printout of the worksheet and a pen or pencil.

Learning outcomes Understand that foods and drinks have different salt, sugar and fat contents and that some are healthier than others.

Preparation Discuss that foods have different salt, sugar and salt contents. Explain that sugar, salt and fat exist naturally or may be added during the production and/or cooking processes. Explain that some salt, sugar and fat are necessary to maintain a healthy diet but too much can lead to significant health issues.

Instructions The worksheet compares sets of two foods and drinks. The task is to identify which has the lower salt, sugar or fat content. Discuss their answers with the group, explaining the role of food labelling.

Answers

Basic

Advanced