Look at the foods and drinks shown below. Tick which food or drink has the lower salt content.

**WHICH FOOD HAS THE LOWER SALT?**

- Bacon sandwich with white bread
- Turkey sandwich with brown bread
- Popcorn
- Crisps
- Dry-roasted peanuts
- Natural peanuts
Look at the foods and drinks shown below. Tick which food or drink has the lower fat content.

**WHICH FOOD HAS THE LOWER FAT?**

- Fast-food fries
- Oven Chips

- Vegetable pizza with spinach
- Pepperoni pizza, with extra cheese

- Egg fried rice
- Boiled rice
**WORKSHEET 1** **BASIC**
**WHICH FOOD HAS THE LOWER SALT, SUGAR OR FAT CONTENT?**
Module 1: Topic 5

Look at the foods and drinks shown below. Tick which food or drink has the lower sugar content.

<table>
<thead>
<tr>
<th>WHICH FOOD HAS THE LOWER SUGAR?</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Image of 100% fruit juice]</td>
</tr>
<tr>
<td>100% fruit juice</td>
</tr>
<tr>
<td>![Image of Sweetened cereal]</td>
</tr>
<tr>
<td>Sweetened cereal</td>
</tr>
<tr>
<td>![Image of Doughnut]</td>
</tr>
<tr>
<td>Doughnut</td>
</tr>
</tbody>
</table>

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