

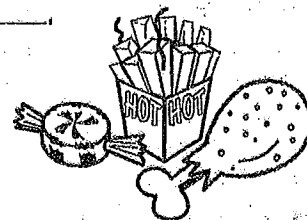
Traffic light food label

1. Use the words to complete the description of traffic light food labelling.

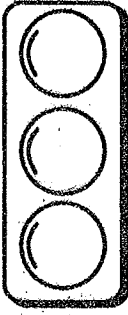


sugar amber green red traffic light fat Most least shouldn't salt

The (a) _____ system of food labelling helps people to see straight away the levels of (b) _____, (c) _____ and (d) _____ a food contains. Food that is given a (e) _____ light should only be eaten in moderation. You (f) _____ eat much of the food labelled red. Food that is given an (g) _____ light can be eaten, but too much would not be good for your health. (h) _____ of the food a person eats should be from those labelled (i) _____.

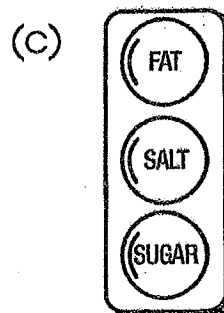
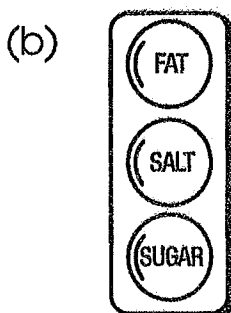
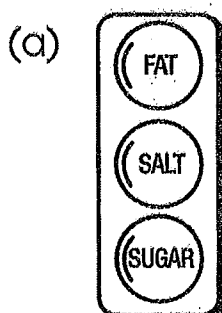
Green light foods have the (j) _____ amount of sugar, salt and fat.

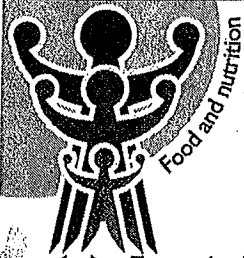


2. Write the name of or draw an example of each type of food and colour the traffic lights correctly.

(a) Red light food	(b) Amber light food	(c) Green light food
		

3. Use the nutrition information labels from three favourite packaged foods to complete the traffic light label for each. Attach the label to the bottom of each package.





Grow, glow and go foods

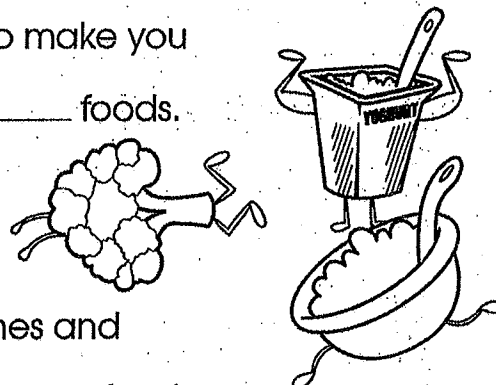
Certain foods are good for you in difference ways.

1. Write 'grow', 'glow' or 'go' to complete each sentence.

(a) Foods that provide vitamins and nutrients to make you look and feel well are called _____ foods.

(b) Foods that give you lots of energy are called _____ foods.

(c) Foods that provide protein to help your bones and muscles get bigger are called _____ foods.



2.	(a) Draw, or cut and paste, examples of each type of food.	(b) Explain what are the benefits of each type of food.
Grow foods		
Glow foods		
Go foods		

3. Choose the correct nutrient to tell what each type of food contains.

vitamins and minerals

carbohydrates

proteins

(a) Grow foods contain _____

(b) Glow foods contain _____

(c) Go foods contain _____