

Food labels

Task 1

a) Compare two food labels.

| | | | | |
|--|--------------------------|-------------|--|--|
| Name of food | | | | |
| Ingredient present in largest quantity (first on the list) | | | | |
| Ingredient present in smallest quantity (last on the list) | | | | |
| Food groups present | fats (per 100g) | saturated | | |
| | | unsaturated | | |
| | carbohydrates (per 100g) | starch | | |
| | | sugars | | |
| | protein (100g) | | | |
| fibre (per 100g) | | | | |
| Energy (kcal) per 100g | | | | |
| Additives | | | | |

b) Why is too much saturated fat bad for your health? Give two reasons.

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c) Choose which food is the healthiest. Explain the reasons for your choice. (6 marks)

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Task 2

a) Fill in the table to show how additives are used in food.

| additive | why are they added to food? | foods they are added to | two named examples of additive | E number of additives |
|-------------------|-----------------------------|-------------------------|--------------------------------|-----------------------|
| antioxidants | | | | |
| food colours | | | | |
| flavour enhancers | | | | |
| preservatives | | | | |
| emulsifiers | | | | |

b) Describe how emulsifiers work. (3 marks)

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c) Evaluate the use of additives be used in foods. Do you think additives should be added to food? (6 marks)

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Teaching notes and suggested answers

You will need to provide a selection of food labels for the class and/or ask students to bring in some from home.

Task 1

b) Fats are high in calories so can affect weight. Saturated fats thought to increase blood cholesterol. High blood cholesterol gives an increased risk of coronary heart disease.

c) Students answer will depend on the food labels they have chosen. As a guide award marks as follows:

5-6 marks: they should compare the amounts of at least three different food types in each food and clearly explain the reasons how these can affect health.

3-4 marks: they should compare the amounts of at least two different food types and explain the reasons how one of these can affect health.

1-2 marks: students should describe at least one difference between the two foods and give a statement as to which is the healthiest food.

Task 2

a) Antioxidants - prevent oxygen reacting with food and going off

Food colours - to colour food

Flavour enhancers - to improve flavour

Preservatives - increase shelf life by slowing microbe growth

Emulsifiers - helps oils and water mix

b) Oil and water molecules do not mix together. Emulsifiers have a hydrophobic end and a hydrophilic end. The hydrophobic end is attracted to oils and the hydrophilic end is attracted to water. This means that the oil droplets become dispersed through the water.

c) As a guide award marks as follows:

5-6 marks: they should give at least two advantages and two disadvantages of using additives as well as a relevant conclusion.

3-4 marks: they should give two advantages and one disadvantage (or vice versa) of using additives and give a conclusion.

1-2 marks: students should describe at least one advantage or one disadvantage of using additives.