

SESSION 4

Nutrition information labelling and the nutrition traffic light

TEACHER'S GUIDE



FUNDACIÓN
EROSKI

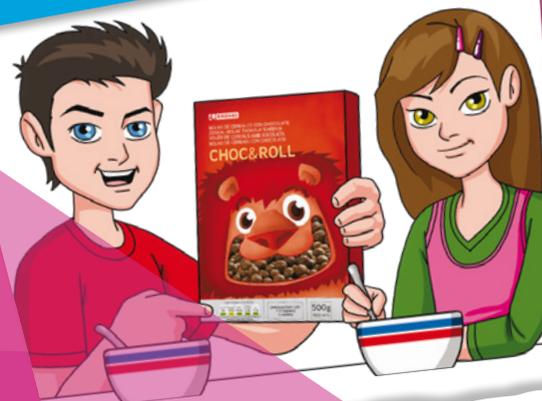
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SCHOOL OF
NUTRITION

4/

Nutrition information labelling
and the nutrition traffic light



Energy to grow

Energy to grow



Breakdown

SESSION SUMMARY

- Information on nutrition information labelling.
- Information on the nutrition traffic light.
- Activity: “Colour in the nutrition traffic light”.
- Activity: “Let’s compare!”

CONTENTS

The nutrition traffic light.
Nutrition information labelling.

SPECIFIC OBJECTIVE

- To interpret the nutrition information labelling on different products properly.
- To facilitate decision making when buying products on the basis of a balanced diet.

KEY COMPETENCIES

1. Linguistic communication.
2. Mathematical comprehension and basic science and technology comprehension.
4. Learning how to learn.
5. Social and civic comprehension.
6. Sense of initiative and entrepreneurial spirit.

Session plan

The labels on food products give us a lot of information about how healthy a specific type of food is. It is much easier to understand the information on labels than it may appear and knowing how to interpret this information is a great help if you want to eat a balanced diet.

In this session, the pupils learn to understand nutrition information labelling and the nutrition traffic light.

They perform activities at the end of the session to apply this knowledge.

SESSION 4 NUTRITION INFORMATION LABELLING AND THE NUTRITION TRAFFIC LIGHT

ENERGY TO GROW
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

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1/ Nutrition information labelling

It is very important to learn to interpret the information provided on food labels in order to be able to identify if a product is healthy or not. Its nutrition information labelling is a specific product's calling card. Luckily, more and more information is being provided on labels, which can help us decide whether to buy something or not more efficiently. In short, we should pay attention to the following when choosing a product:

- > **Legal name of the product.**
- > **List of ingredients.**
- > **Other complementary information:**
How to use it and how to keep it.
- > **Allergen information.**
- > **Nutrition information on the energy value of the product and the quantity of nutrients that it contains** (proteins, carbohydrates, fat and types, fibre, salt, etc.).
- > **Energy:** a measurement of energy, such as kilocalories.
- > **Expiry or Best Before date.**
- > **Quantity of the product contained in the package.**

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Pupil notebook

1/ Nutrition information labelling

When you go to the supermarket and pick up a product, you can see that there is a label with a lot of information on it about the product.

It is very important to learn to interpret these labels in order to be able to identify if a product is healthy for us or not. Its nutrition information labelling is a specific product's calling card. Luckily, more and more information is being provided on labels, which can help us decide whether to buy something or not more efficiently. In short, we should pay attention to the following when choosing a product:

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The diagram illustrates a product label for 'Nectar Multigrain' with several callouts explaining key sections:

- Legal name of the product:** Points to the top of the label.
- List of ingredients:** Points to the 'INGREDIENTES' section.
- Allergen information:** Points to the 'INFORMACIÓN ALÉRGICA' section.
- Nutrition information on the energy value of the product and the quantity of nutrients that it contains:** Points to the 'INFORMACIÓN NUTRICIONAL' table.
- Energy: a measurement of energy, such as kilocalories:** Points to the 'CALORÍAS' value in the nutrition table.
- Expiry or Best Before date:** Points to the 'FECHA DE EXPIRACIÓN' section.
- Quantity of the product contained in the package:** Points to the 'CANTIDAD' section.

The nutrition table shows the following data (per 100g):

Componente	Valor	por ración (100g)
Energía	466	466
Proteína	10,0	10,0
Grasa	0,0	0,0
Carbohidrato	99,0	99,0
Fibra	10,0	10,0
Sodio	0,0	0,0
Glucosa	0,0	0,0
Fructosa	0,0	0,0
Almidón	0,0	0,0
Almidón resistente	0,0	0,0
Almidón de grano duro	0,0	0,0
Almidón de grano blando	0,0	0,0
Almidón de grano duro y blando	0,0	0,0
Almidón de grano duro y blando (total)	0,0	0,0
Almidón de grano duro y blando (total) (incluyendo almidón resistente)	0,0	0,0
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2/ What is the nutrition traffic light?

The **nutrition traffic light** is a system used to indicate a **product's nutrition information** in a simple, visual manner. It uses **green** (low), **yellow** (medium) and **orange** (high) to indicate the main nutrients that a product contains.

Colour system:

-  Less than 7.5% of GDA. The more green you see, the healthier the product is.
-  Between 7.5% and 20% of GDA. You should be careful and try not to buy things with a lot of yellow on the label.
-  More than 20% of GDA. You should not eat products with orange on the label very much.

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2/ What is the nutrition traffic light?

If you want something a little bit simpler, then take a look at the nutrition traffic light.

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A serving is the amount of the type of food eaten at each sitting.

Una ración de 125 g (un yogur) contiene

CALORÍAS	AZÚCAR	GRASA	SODIO (SAL)
113	16,8	2,8	0,3
6%	19%	4%	4%

de la cantidad diaria orientativa (CDO) para un adulto.

CALORÍAS

113

6%

On the top, there is information on the most important nutrients as far as health is concerned: sugar, fat, saturated fat, salt and, sometimes, fibre.

This percentage indicates how much of the Guideline Daily Amount (GDA) that we need to eat each serving contains. Yoghurt, for example, provides us with 6% of the recommended quantity of calories that we should consume in a day.

THE FOOD TRAFFIC LIGHT

The colours tell us if a serving of the food contains a high, medium or low amount of calories, sugar, fat, saturated fat and salt relative to the quantity we should consume every day.

Did you know...?

A 10-year-old child who does sport every week needs from 1500 to 2000 kcal every day; a man needs between 2200 and 2700 kcal; and a woman needs from 1800 to 2200 kcal. The nutrition information labelling on food shows how many calories a specific product provides.

Eroski was the first supermarket to include the nutrition traffic light on its own products. It did this in order to meet customer demand.

What have we learned today?

- Nutrition information labels give us detailed information on the food that we are going to eat: fat, ingredients, how to keep it.
- The nutrition traffic light is an innovative system which shows how many nutrients each product contains in a simple, easy-to-understand way.

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Pupil notebook

In this session the students will learn to understand nutritional labeling.

The objective of this activity is for children to focus on nutritional labeling.

1. Read labels.

For this activity it is necessary for students to take product packaging or labels to class. *If preferred, teachers can provide photocopiable labels that are attached to the program material.*

In groups the students will read labels of different products and draw their own conclusions that they will later share with the group.

Teachers can ask them questions such as: What foods would you like to take on any given day? What foods would you choose to follow a healthy diet?

2. The estimates game

The students of each group can play a game where they estimate, for example, the energy value of different foods. One student will be the only one who sees the label and will say who is closest. The same can be done with the list of ingredients.

SESSION 4 NUTRITION INFORMATION LABELLING AND THE NUTRITION TRAFFIC LIGHT ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

Activities

Nutrition information labelling and the nutrition traffic light

1 Read labels. Have you brought product packaging or labels to class? We are going to put ourselves in groups and we will read the labels of different products.

a) Do you think it is necessary to look at the food labels when you go shopping at the supermarket? Have you reached any conclusion?

b) What did you not know about the labels that has now caught your attention?

c) What do you think is the most important thing that we should be aware of when choosing a certain product?

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Activities

Nutrition information labelling and the nutrition traffic light

2 The estimates game. This game consists of making estimates of the data of the labels.

a) What is the energetic value of a certain product?

b) Who guessed the closest?

c) What are the ingredients?

And from now on, when you go shopping with your parents, take a look at the nutritional warning signs and labeling. Your parents will be surprised.



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