

## SESSION 4

# Nutrition information labelling and the nutrition traffic light

### TEACHER'S GUIDE



FUNDACIÓN  
**EROSKI**

contigo



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.








## 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.

SESSION 4 NUTRITION INFORMATION LABELLING AND THE NUTRITION TRAFFIC LIGHT

ENERGY TO GROW  
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

### 2/ What is the nutrition traffic light?

If you want something a little bit simpler, then take a look at 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:**

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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	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.

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Pupil notebook

## 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.





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.

#### 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?

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

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#### Activities

Nutrition information labelling and the nutrition traffic light

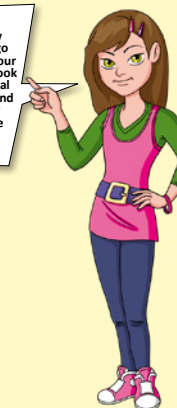
2 The estimates game. This game consists of making estimates of the data of the labels.

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 labelling. Your parents will be surprised.



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