Supermarket Visit Worksheet

# LABEL READING

**NAME:** _____

**Remember to always look at the per 100g/100ml column**

| **Breakfast Cereals** | | | |
|---|---|---|---|
| **Name of Food →** | | | **Guidelines per 100g** |
| Fat total (g) | | | **Less than 10g** – can be higher with nuts & seeds |
| Sugars (g) | | | **Less than 10g** – with dried fruit 20g or less |
| Dietary Fibre (g) | | | **More than 5g** |
| Sodium (salt) (mg) | | | **Less than 400mg** |
| **Muesli Bars** | | | |
| **Name of Food →** | | | **Guidelines per 100g** |
| Fat total (g) | | | **Less than 10g** – can be higher with nuts & seeds |
| Sugars (g) | | | **Less than 10g** – with dried fruit 20g or less |
| Dietary Fibre (g) | | | **More than 5g** |
| Sodium (salt) (mg) | | | **Less than 400mg** |
| **Snack Foods** (e.g., chips, crackers, popcorn, nuts, biscuits) *Try compare snacks that are similar* | | | |
| **Name of Food →** | | | **Guidelines per 100g** |
| Fat total (g) | | | **Less than 10g** – can be higher with nuts & seeds |
| Sugars (g) | | | **Less than 10g** – with dried fruit 20g or less |
| Dietary Fibre (g) | | | **More than 5g** |
| Sodium (salt) (mg) | | | **Less than 400mg** |
| **Bread** (e.g., bread, waffles, crumpets, wraps, pita bread) | | | |
| **Name of Food →** | | | **Guidelines per 100g** |
| Fat total (g) | | | **Less than 10g** – can be higher with nuts & seeds |
| Sugars (g) | | | **Less than 10g** – with dried fruit 20g or less |
| Dietary Fibre (g) | | | **More than 5g** |
| Sodium (salt) (mg) | | | **Less than 400mg** |
| **Milk Products** (e.g., milk, cheese, yoghurt, ice cream, flavoured milk) | | | |
| **Name of Food →** | | | **Guidelines per 100g** |
| Fat total (g) | | | **Less than 10g** |
| Sugars (g) | | | **Less than 10g** – for a milk 5g or less |
| Sodium (salt) (mg) | | | **Less than 400mg** |
| Calcium (mg) | | | **If there is an amount for calcium give it a ✓** |

# Rainbow of Colours
# VEGETABLES AND FRUIT

"The different colours give you different Vitamins and Minerals that help keep your body healthy."

Write down the **NAMES** of all the different coloured **Vegetables & Fruit** you can see or know of.

**Think about the colour/colours you eat**
**eg. Watermelon = red**



| **Kākāriki (Green)**<br>Help our G_____ | **Whero (Red)**<br>Help our H_____ | **Karaka (Orange)**<br>Help our E_____ |
|---|---|---|
| | | |
| **Kōwhai (Yellow)**<br>Help our I_____<br>S_____ | **Waiporoporo/Kikorangi (Purple/ Blue)**<br>Help our M_____ | **Mā /Parāone (White/Brown)**<br>Give us E_____ |
| | | |

Why do we want to eat a rainbow of colours?

To give us V_____ and

M_____.

Fruits and vegetables give us f_____ which is

important for our G_____ H_____.

**How many vegetables and fruit did you get?**_____.

food for thought
Heart Foundation
PAKnSAVE
4 FOUR SQUARE
NW NEW WORLD