**Packaging**

Name:

**Understanding Labels**

1. Take a closer look at some chocolate bar wrappers.

What information can you find on the label? Fill out the table for one of the bars.

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients  | *Sugar, milk powder,…* | Nutritional info How much sugar per 100g? How much sugar per bar? |  |
| Weight |  | Recycling info  |  |
| Storage instructions  |  | The name of the food  |  |
| Address of manufacturer  |  | Logo  |  |
| Country of origin  |  | Slogan or promotional text (e.g. creamy, delicious, “Have a break, have a KitKat”) |  |
| Best before date |  | Percentage of cocoa (chocolate bean) that is in the bar |  |

1. Some things ***must*** be on labels by law. Underline them.
2. Look at the list of ingredients. Some words are in **bold**. Why?

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1. Why is correct labelling important?

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1. What things in the table above are facts? What things are opinions?

Put and F (fact) or O (opinion) next to them.

**Teacher/Parent Notes**

**Packaging**

2. Things which must be on food labels:

ingredients

weight or volume

storage instructions

address of manufacturer, packer or seller

date

name of food (e.g. “chocolate”

3. For EU labelling, allergens must be in **bold**.

4. Why is correct labelling important?

* Allergies and intolerances
* Food safety
* You know what you are buying
* Because of beliefs. E.g. vegan, Halal, Kosher.

Take a look at more chocolate-themed primary teaching resources at www.chocolatarium.co.uk/schools