

# HOMEWORK SHEET 1 FOOD LABELS

**Q1**

What are the labels on food supposed to tell us? Why is it important to read the labels on food?

**Q2**

What are calories?

**Q3**

How many calories are we meant to eat in a day? Is it different for adults and children? If it is, why do you think this might be?

**Q4**

During the expedition, Sarah eats about 6,000 calories a day. Is this more than the average adult woman needs to eat? Why might she need to eat this much?

**Q5**

Find five different food items at home with food labels and find out how many calories they contain and also the amount of carbohydrates in them

Name of food	Calories per 100g	Carbohydrates per 100g

**Q6**

Is there anything that you found surprising? Remember to give details and reasons for your answer.