

# Food Label

## Food Label Scavenger Hunt

Use your knowledge about food labelling to complete the scavenger hunt.

Find a product that contains no fat.

Find a vegetable that has more than 5% sugar per 100g.

Find a box of cereal that is high in sugar.

Find a tin of food that has less than 1% fat.

Find a bakery product that is low in saturated fat.

Find a snack that has less than 5% saturated fat per 100g.



Find two products that have all green labels.

Find a drink that has more than 25% sugar per serving.

Find a product that has an  
amber salt label.

Find a product that has more  
than 2g of fibre.

Find a sauce that has an amber  
sugar label.

Find a dairy product that has  
green saturated fat label.

Find a product that has no  
salt or sugar.

Find a product that has less  
than 100 calories per 100g.

Find a product that has a red  
sugar label.

