

## Ingredients

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### Ingredients

Wheat flour, sugar, partially inverted sugar syrup, vegetable oil and hydrogenated vegetable oil, ground ginger, raising agents, sodium hydrogen carbonate, ammonium hydrogen carbonate, salt, lemon oil

### Nutritional Values per 100g

ENERGY	1941kJ (461kcal)
PROTEIN	5.5g
CARBOHYDRATE	76.9g
Of which sugars	35.0g
Starch	41.2g
FAT (total)	14.6g
Of which saturates	6.5g
Of which mono-unsaturates	5.2g
Of which poly-unsaturates	1.7g
FIBRE	1.7g

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### Added Ingredients

Skimmed milk, strawberries (7.7%), fructose syrup, thickener, modified maize starch, pectin, flavourings, aspartame sweetener, carob gum, colour, betanin

### Nutritional Information- analysis per 100g

ENERGY	47kcal
PROTEIN	5.2g
CARBOHYDRATE	6.11g
Of which sugars	5.3g
FAT	0.2g
FIBRE	0.2g

## 3

### Ingredients

Dried apricots (30%)- contains sulphur dioxide, conservation grade rolled oats, oat flour, honey, blended rape and palm oil, rice flour, raw cane sugar, glucose syrup, malt extract, dried apricot powder, lemon juice concentrate, natural flavouring, sea salt

Typical Nutrition	Per 33g bar	Per 100g
ENERGY	513kJ / 122kcal	1540KJ / 365kcal
PROTEIN	1.7g	5.0g
CARBOHYDRATE	21.3g	63.8g
Of which sugars	10.2g	30.7g
FAT	3.3g	10.0g
Of which		
saturates	0.8g	2.5g
mono-unsaturates	1.6g	4.8g
poly-unsaturates	0.9g	2.7g
FIBRE	2.1g	6.3g

## 4

### Ingredients

Beans (46%), water, tomato puree (11.7%), sugar (2%), modified maize starch salt (0.8%), spices, onion powder, sweetener (sodium saccharin)

### Nutritional Information

Average Values	Per 210g serving	Per 100g
ENERGY	515kJ 121calories	247kJ 58 calories
PROTEIN	6g	2.9g
CARBOHYDRATES	23g	11g
Of which sugars	6g	2.9g
FAT	0.4g	0.2g
Of which saturates	0.2g	0.1g
FIBRE	5g	2.6g

## 5

### Ingredients

Sunflower oil, vegetable oils, reconstituted whey, salt (1.7%), emulsifier (mono & di-glycerides of fatty acids) colours (annatto & curcumin), Vitamin E, flavourings, Vitamins A & D

### Nutritional Information

Average Values	Per 100g	Per 10g serving
ENERGY	2610kJ / 635kcal	261kJ / 63kcal
PROTEIN	0.2g	Trace
CARBOHYDRATE	1.0g	0.1g
Of which sugars	1.0g	0.1g
FAT	70.0g	7.0g
Of which	16.7g	1.7g
saturates	17.5g	1.8g
mono-unsaturates	35.1g	3.5g
poly-unsaturates	0.7g	0.1g
FIBRE	Nil	Nil

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### Ingredients

Potatoes, vegetable oil, salt

### Nutritional Information

Average Values	Per pack (25g)	Per 100g
ENERGY	550kJ / 133kcal	2200kJ / 530kcal
PROTEIN	1.6g	6.5g
CARBOHYDRATE	12.3g	49.0g
Of which sugars	0.1g	0.5g
FAT	8.5g	34.0g
Of which saturates	4.0g	16.0g
DIETARY FIBRE	1.0g	4.0g

## 7

### Ingredients

Wholewheat, malt extract, sugar, salt, Niacin, Thiamin (B1), Riboflavin (B2), folic acid

### Nutritional Information

	Per 37.5g serving	Per 100g
ENERGY	540kJ / 128kcal	1440kJ / 340kcal
PROTEIN	4.2g	11.3g
CARBOHYDRATE	25.4g	67.6g
Of which sugars	1.8g	4.7g
FAT	1.0g	2.7g
Of which saturates	0.2g	0.6g
FIBRE	3.9g	10.5g
Soluble	1.2g	3.2g
Insoluble	2.7g	7.3g
<b>Vitamins</b>	<b>Per 37.5g serving</b>	<b>Per 100g</b>
THIAMIN (B1)	0.4mg (32%RDA)	1.2mg (85%RDA)
RIBOFLAVIN (B2)	0.5mg (32%RDA)	1.4mg (85%RDA)
NIACIN	5.7mg (32%RDA)	15.3mg (85%RDA)
FOLIC ACID	64.0µg (32%RDA)	170.0µg (85%RDA)
IRON	4.5mg (32%RDA)	11.6mg (85%RDA)

(RDA = recommended daily allowance)

## 8

### Ingredients

Wheat flour, water, yeast, salt, vinegar, vegetable and hydrogenated vegetable oil, soya flour, emulsifiers: mono and di-saccardides of fatty acids, Mono- and di-acetyltartaric acid esters of mono and di-glycerdies of fatty acids, flour treatment agent, ascorbic acid (vitamin C)

\* contains soya, wheat & gluten

### Nutritional Information

Typical Values	Per Slice	Per 100g
ENERGY	364kj 86kcal	101kj 238kcal
PROTEIN	2.7g	7.5g
CARBOHYDRATE	17.5g	48.5g
Of which sugars	0.4g	1.0g
Of which starch	17.1g	47.5g
FAT	0.6g	1.6g
Of which saturates	0.1g	0.3g
mono-unsaturates	0.1g	0.4g
poly-unsaturates	0.3g	0.8g
FIBRE	0.6g	1.8g

## Activity sheet 3b: Guess the food and drink from the ingredients

Item 1	
Item 2	
Item 3	
Item 4	
Item 5	
Item 6	
Item 7	
Item 8	