

# **GEMMA THE GIRAFFE FOOD LABELLING PACK**

## **Introduction**

This pack contains straightforward information about food labelling. It attempts to provide both factual input about the legal requirements for food labelling and hands on exercises to make sure that the information sticks!

It is aimed at a basic level – year 3 or 4 and can be used in conjunction with the curriculum module on healthy lunchboxes. It links into the FSA Food Competences for 7-9 year olds including :

- Recognise that all food comes from plants and animals
- Be able to talk about which foods they like and dislike through tasting
- Be aware that some foods have labels which provide information to help make a choice
- Recognise a range of familiar ingredients
- Use a range of preparation skills eg peeling, squeezing
- Be aware that food is stored in different ways to keep it safe eg fridge

The pack uses the simple example of orange juice, a product that is well known by children, to explain what information will be on a food label and what that information means.

It explains how the information on the label should be interpreted and includes information about the food name and the ingredients list in particular.

## **Oranges - background**

It attempts to put the food into context – it shows where orange juice comes from and giving basic background facts on oranges, including where they are grown, what the trees look like and what oranges are used for.

## **Labelling**

The pack provides information on food labelling for teachers and a series of simple exercises for children. Its' basic aim is to make children read the label in full and not simply fall for the headline name which may not contain the full information about a food: just because the food has the word 'orange' in the name does not mean that it is made exclusively from oranges.

## **Activities**

All of the information sheets and activities aimed at the children use the 'Gemma the giraffe says' motif.

We have suggested activities including squeezing real oranges – this could be done by the teacher, teaching assistant or the children themselves – the idea is to get the children to relate the food product to the basic ingredient.

We have suggested comparing freshly squeezed orange juice with an orange juice drink on a visual basis, a taste basis and a labelling basis.

If you do not want to do the squeezing exercises you could just use a ready made juice and a juice drink eg the two Capri Sun products included in the labels section.

We have designed two labels for use with the exercise and have also provided copies of simple genuine labels taken from the supermarket shelves – we have tried to select products with a small number of easily recognised ingredients to keep the message as straightforward as possible.

We have also produced a simple visual example to help the children understand the actual orange content in the three products. To do this we have used everyday household products that should be easily accessible, cheap to buy and easy to prepare.

### **Worksheets etc**

We have prepared:

- work sheets for the visual and taste work
- work sheets for the labelling work,
- a word search and crossword covering the vocabulary used in the exercise and
- a make your own product section with associated labelling exercises
- a 'design your own label' section where the children can invent a new product and design a label using the information that they have learnt.

### **Alternatives**

Although orange juice and drinks have been used as the basis for this pack other products could equally well be used as examples.

eg cheese, cheese spread, cheese strings, cheese slices etc  
chicken breast, chicken nuggets, chicken roll etc.