

Gemma the giraffe food labelling pack Teachers' notes exercise 1

Aim: To introduce the concept of food labelling

Objective: To make children aware of the existence and meaning of basic food labelling information.

Approx Time: 30 min

You will need:

'Food labelling Fact Sheet' (Teachers Reference)

Food labelling Fact Sheet for students

Gemma the Giraffe – fill in the missing word

Zing Label (Handout)

A mixture of different packaging to show labelling

Gemma the Giraffe - Word Search

Word Search Answer Sheet (Teachers Reference)

Method:

Teacher will talk through food labelling fact sheet concentrating on the NAME and INGREDIENTS information.

Hand out Zing label and discuss.

Identify the true name and the brand name.

Show and incorporate other labelling on packaging supplied by teacher. Use simple examples of foods with a limited number of ingredients eg mixed dried fruit, cereals (eg Weetabix), bread, pasta, plain crisps, simple soups (eg Covent Garden). Examples are provided.

Avoid complicated foods with multiple ingredients and additives.

Identify the true name, the brand name and the ingredients list.

Give word search to children to help understand new words introduced.

Outcome: Increase understanding of food labelling information
Acquire new vocabulary relating to ingredients, packaging etc