



Gemma the giraffe says ...
what must be on food labels?

1. FOOD NAME -

Every food must have a **true name**
That is a name that really describes it:

Still orange juice

Crisp biscuits

Apple kiwi and lime smoothie made with a blend of crushed fruits and fruit juices from concentrate

This may not be the most obvious name on the pack: it may be hidden away on the back.

Some foods have an extra exciting name to make us think that food is special and make us want to buy that food. It may include cartoon characters or other names that you know.

This is called the **BRAND** name - this is the name the person who made it has given it but it doesn't usually tell you what the food is E.g. Mars, Zing!, Yum! PJs, Capri Sun etc

2. INGREDIENTS LIST -

This is a list of all the things that have been used to make up the food.

The list will always start with the word **Ingredients**.

The list must start with the **BIGGEST** ingredient first, down to the smallest last.

Some ingredients you will recognise as foods you eat like water sugar, or oats and some will be chemicals to make the product last longer, or look nicer (these are known as additives or E numbers).

Ingredients: water, fruit, fruit juices from concentrate 12% (orange 7%, lemon, cherry) sugar, natural flavours

The biggest ingredient in this juice drink is water!

3. DATE -

This tells you when the food has to be eaten by.

It will either be

A USE BY date, or

A BEST BEFORE date.

Sometimes the date will be next to the words Best Before and sometimes the label will tell you where to look to find the date.

Eg Use By :See cap

4. HOW THE PRODUCT MUST BE STORED -

If the food needs to be kept in a special storage way it must tell you this on the label.

So if it needs to be kept frozen, or kept in a fridge it should say somewhere on the label.

5. NAME AND ADDRESS -

Every food must have a name and address on it so you can contact someone if there is a problem with the food.

The name and address can be either

the name of the person who made the food, or
the person selling the food.

6. WEIGHT OR VOLUME-

All SOLID foods (like bread, pasta, ready meals, crisps etc) must be marked with a WEIGHT in kilograms or grams

All LIQUID foods (like orange juice, soup etc) must be marked with a VOLUME in litres or millilitres.