

**Gemma the giraffe food labelling pack**  
**Teachers' notes exercise 3**

**Aim:** To introduce the concept of different ingredients.

**Objective:** To show that foods are often made up of a series of components  
To compare pure fruit juice and a fruit juice drink

**Approx time: 45 minutes**

**You will need:**     *Carton of pure freshly squeezed orange juice*

*Clear container eg. Jug*

*Water*

*Caster Sugar and red food colouring (optional)*

*Juice Drink eg Capri Sun.*

*Beaker*

*Gemma the Giraffe says....Taster Results Sheet*

*Teachers' reference ingredient exercises*

*Gemma the Giraffe says ...Make your own Product*

*Visual representations of juice and juice drinks.*

**Method:**

Look at the Zing label again

Look at the label for the juice.

Talk about the label, especially the name of the food and the ingredients list.

Explain that the juice in the carton is the same as the juice squeezed in exercise 2 (or if both exercises are done at same time use the squeezed juice the children have produced)

Look at the Yum and/or Capri Sun **juice drink** labels. Talk about the name of the food and the way the ingredients list is made up.

Add the water to the juice in the ratio 3:2, plus a teaspoon of sugar and a drop of food colour. What is the colour for?

This exercise could be carried out by the children or the teacher/assistant.

This exercise is designed to show that the juice drink is made up from different items: these are the items that appear on the ingredients list.

Once mixed show Fruit Juice Drink: this is the equivalent of what has just been made.

Allow children to do a taste test on the juice drink they have just made and fill out the Gemma the Giraffe says...Taster Results Sheet.

Compare the results for the pure juice and juice drink –ask the children what are the differences between the two products ?

Refer back to the food labelling information sheets used in exercise 1 and the ingredient list exercises to reinforce the information about the ingredients ie that they are listed in descending order by weight.

Make a smoothie or lolly or other simple product, weigh ingredients and draw up ingredients list in correct order.

As an alternative use clear bottles filled with coloured ingredients as a visual indication of the ingredients that make up a compound product

Eg For pure orange juice use 100% red lentils.

For orange juice drink use rice to denote water, red lentils for juice, brown sugar for sugar and dried herbs for additives

See attached photographs as an example of this visual aid.

**Outcome:** Understand that foods are made up of a number of constituents  
Understand that juice and juice drinks are not the same  
Understand how an ingredients list is made up

# yum!



## Orange Juice Drink

*with sweeteners*

250ml



Give the bottle a good shake before you open it,  
and drink up within three days

**Ingredients:** Water, Orange Juice (38%), Flavourings, Sweetener  
(Aspartame) and Antioxidant  
Contains a source of Phenylalanine

Best before end: December 2008

Made by: Yum Drinks International, Worcester, England WR5 3NP





# yum!

Orange Juice Drink  
with real lemons

500ml



Give the bottle a good shake before you open it, and drink up within three days

**Ingredients:** Water, Orange Juice (30%), Flavourings, Sweetener (Aspartame) and Antioxidant  
Contains a source of Phenylalanine

Best before end: December 2008

Made by: Yum Drinks International, Worcester, England WR5 3NP