

Pre-excursion resource

Food Labelling and Healthy Eating

Level 3 – Level 6


 Year

Grade 3 – Grade 6


 Level

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 Activity description

Using the Australian Guide to Healthy Eating chart and Food Labels: What do they mean? poster, students research and create a healthy breakfast menu using Australian produce. Students are encouraged to use produce from the school's kitchen garden or their own gardens. They demonstrate safety considerations when preparing and presenting their food, and experiment with plating and presentation of the food for visual appeal using digital photographs. Students create their healthy meal and present their findings to their peers before they enjoy their delicious breakfast.


 Key Topics

- Food labelling
- Healthy eating
- Australian produce

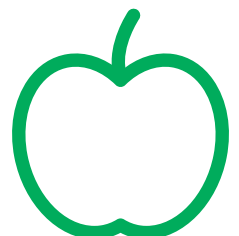

 Materials required

Research

- Access to a computer and the internet
- Writing materials
- Butchers paper
- Worksheet: Breakfast Menu
- Worksheet: Breakfast Ingredients
- Australian Guide to Healthy Eating chart (downloaded from www.eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf)
- Food Labels: What do they mean? poster (downloaded from www.foodstandards.gov.au/consumer/labelling/Documents/food%20label%20poster.pdf)

Making a healthy breakfast

- Pre-purchased food from the students' ingredients list
- Access to the school kitchen
- Soap for hand hygiene
- Cooking utensils
- Plates and cutlery
- Mobile phone for photos
- Detergent, cloth and tea towel for washing up



Instructions

1. Discuss with students that choosing healthy food options is actually very difficult. There are loads of marketing campaigns, ads, social media posts and food labelling that can be very confusing. Ask students what are the factors that influence the food choices we make. For example: price, availability, time, taste, parent/guardian behaviour, media. Discuss their responses.
2. Hand out a copy of the Australian Guide to Healthy Eating chart (found in the background information or download from www.eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf) and introduce them to it.

Inform the students of the following;

- The government's healthy eating guidelines follow a pictorial guide that divides the food and drinks we consume into five main groups and also includes information on how much we should be drinking.
- When choosing food and drinks, the five healthy eating guidelines should be followed, including the daily servings.
- Food and drinks provide energy and nutrients in different amounts, which have important functions in the body and people require different amounts during their life.
- There are health issues related to dietary excess or deficiency.
- In addition to the healthy eating guidelines, it is important to include a variety of different activities in everyday living, supporting physical, social and mental wellbeing.
- Tips for healthy eating include eating lots of fruit and vegetables and not skipping breakfast. Discuss with the students what counts as a portion of fruit and vegetables and how they can be included in the diet.
- Breakfast is an important meal but is often not eaten for a variety of reasons. Discuss with the pupils why this might be the case.

3. Food labelling

Hand out a copy of the Food Labels: What do they mean? poster to each student. Discuss the following:

- Nutrition, allergies, ingredients, use by dates and country of origin information on food labels help to make informed food and drink choices.
- All packaged foods sold in Australia must comply with the labelling requirements of the Australia New Zealand Food Standards Code, which applies in Victoria through the *Food Act 1984*.
- Food labels must carry essential information so that consumers are informed of the nature and properties of foods before they buy.
- Food businesses must ensure that they do not mislead or deceive consumers with any claims made on food labels.
- Food importers must also comply with Australian labelling laws.

Country of origin

- The Australian Government introduced a country of origin food labelling system under Australian Consumer Law on 1 July 2016. The country of origin labelling requirements for food are in the *Country of Origin Food Labelling Information Standard 2016*, under the *Competition and Consumer Act 2010*.

Reference: www.foodstandards.gov.au/consumer/labelling/coo/Pages/default.aspx

Imported foods

- Foods imported for sale in Australia must comply with the Australia New Zealand Food Standards Code (the Code). All imported foods must also comply with strict biosecurity requirements. Food importers are responsible for ensuring that all food they import complies with the relevant standards in the Code.

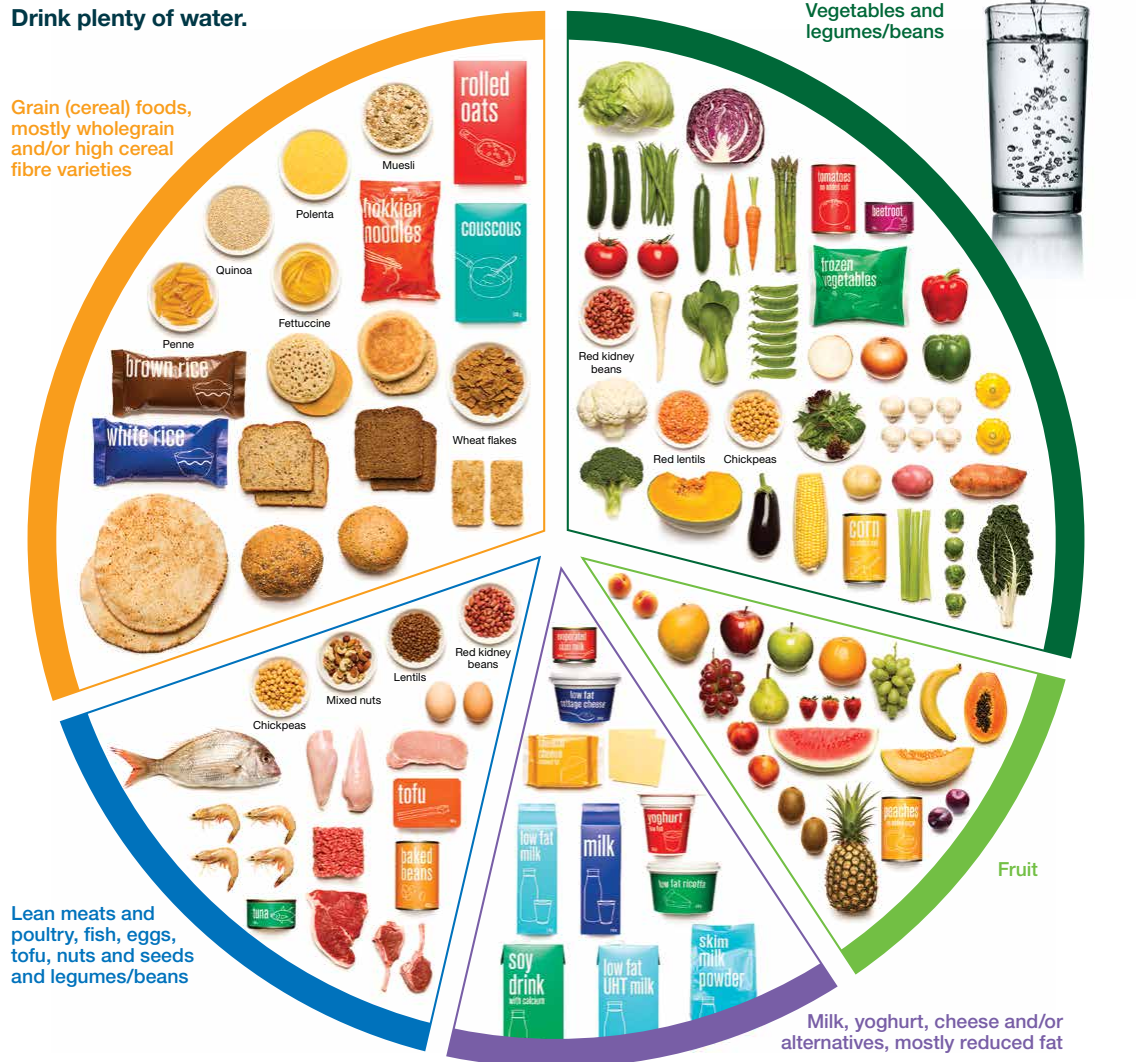
Background information

 Australian Government
 National Health and Medical Research Council
 Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
 Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Australian dietary guidelines 1–5

There are five principal recommendations featured in the Australian dietary guidelines. Each guideline is considered to be equally important in terms of public health outcomes.

Guideline 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

Guideline 2

Enjoy a wide variety of nutritious foods from these five groups every day:

- vegetables, including different types and colours, and legumes/beans
- fruit
- grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)

And drink plenty of water.

Guideline 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Limit intake of foods and drinks containing added salt.
 - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

Guideline 4

Encourage, support and promote breastfeeding.

Guideline 5

Care for your food; prepare and store it safely.

Reference: www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5

The 5 food groups

The information below provides a guide to the approximate amounts of foods from the 5 food groups and any additional amounts of foods required by taller or more active children. The information here focuses mostly on dietary patterns that include plant and animal foods.

Recommended average daily number of serves for children from each of the five food groups*					
	Vegetables and legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)
Boys					
4–8	4½	1½	4	1½	2
9–11	5	2	5	2½	2½
12–13	5½	2	6	2½	3½
Girls					
4–8	4½	1½	4	1½	1½
9–11	5	2	4	2½	3
12–13	5	2	5	2½	3½

*Includes an allowance for unsaturated spreads or oils, nuts or seeds (1 serve [7–10g] per day for children 3–12 years of age).

Approx. number of additional serves from the five food groups or discretionary choices for taller or more active children aged 9–11 is 0–3 serves.

Reference: www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-children-adolescents-and-toddlers

Food labelling



1 **Nutrition information panel**
 This panel shows the average amount of energy, protein, fat, saturated fat, carbohydrate, sugars and sodium in a serve and in 100 g (or 100 ml) of the food. The amount of any other nutrient or substance about which a nutrition content or health claim is made must also be shown (e.g. the amount of calcium must be shown if a claim about calcium is made).

12 **Nutrition and health claims**
 Nutrition content claims are claims about the content of certain nutrients or substances in a food, (e.g. 'contains calcium'). Health claims refer to a relationship between a food and health. There are rules for when nutrition content or health claims are made on food labels.

11 **Country of origin**
 Australia and New Zealand have different country of origin labelling requirements.
 In Australia, the country of origin of packaged and some unpackaged foods must be stated on the label. Read more about country of origin labelling on the Australian Competition and Consumer Commission website at www.accc.gov.au
 In New Zealand, country of origin labelling is required on wine only. Further information is available on the Ministry for Primary Industries website at www.mpi.govt.nz

10 **Legibility requirements**
 Any labelling requirements must be in English, be legible and prominent so as to contrast distinctly with the background on the label.

2 **Percentage labelling**
 Food labels must show the percentage of the key or characterising ingredients or components in the food. This allows similar foods to be compared. The characterising ingredient for this strawberry yoghurt is strawberry and the ingredient list states that it contains 7% strawberries.

3 **Food identification**
 To help identify a food, food labels must show:

- the name of the food
- the name and business address in Australia or New Zealand of the supplier of the food
- the lot identification of the food.

The name or description of the food must reflect its true nature (e.g. strawberry yoghurt must contain strawberries). If the yoghurt contained strawberry flavouring rather than real fruit, then the name would need to indicate that it is strawberry-flavoured yoghurt.

4 **Information for people with food allergies or intolerances**
 Some food ingredients and substances can cause severe allergic reactions and must be declared when present in a food. These ingredients are peanuts, tree nuts (e.g. cashews, almonds, and walnuts), crustacea, fish, milk, eggs, sesame, soybeans, wheat and lupin. Sulphites (if added at 10 mg or more per kg of food) and cereals containing gluten (e.g. wheat, oats, barley, rye and spelt) also need to be declared.

5 **Date marking**
 Foods that should be eaten before a certain date for health or safety reasons must be labelled with a use-by date. Otherwise a best-before date is required if the food has a shelf life of less than two years. Although it may be safe to eat a food after its best-before date, it may have lost quality and some nutritional value.

6 **Ingredient list**
 Ingredients must be listed in descending order (by ingoing weight). So if an ingredient is listed near the start of the list, then the food contains more of this ingredient than others lower down the list.

7 **Labels must tell the truth**
 Under Australian and New Zealand consumer laws, labels must not be false, misleading or deceptive. Suppliers must also label foods with accurate weights and measures information. The National Measurement Institute in Australia (www.measurement.gov.au) and the Ministry of Consumer Affairs in New Zealand (www.consumerprotection.govt.nz) ensure that correct weight and measurement information is used on food labels.

8 **Food additives**
 Food additives must be identified in the ingredient list, usually by their class name (e.g. 'thickener' or 'colour') followed by the food additive name or number. A thickener has been used in this yoghurt and it is labelled as 'thickener (1442)'. A full list of food additive names and numbers is available from www.foodstandards.gov.au



For more information on food labelling

visit www.foodstandards.gov.au/foodlabelling

Or follow us on [Facebook](https://www.facebook.com/FoodStandards) [Twitter](https://www.twitter.com/FSANZnews) and [Instagram](https://www.instagram.com/foodstandardsnz)

Disclaimer: This poster has been produced as a guide to consumers only. Industry and enforcement agencies should refer to the Food Standards Code.

