



Food Label Detective: Analyzing and Comparing Nutrition in Everyday Foods

Objectives

The objective of this assignment is to analyze and compare the nutritional content of different food items, learn how to interpret food labels, and understand how to make healthier food choices. Students will work in groups to evaluate the nutritional information, suggest healthier alternatives, and present their findings.

Instruction

1. Group Formation:

- Form groups of 3–5 students.

2. Food Categories: Each group must bring **three packaged food items** that have visible nutritional labels. These items should be from the following categories:

- **Beverage**
- **Snack**
- **Instant Meal**

3. Nutritional Analysis:

- Analyze the nutritional labels of each item and focus on the following nutritional components:
 - **Calories**
 - **Sugar content**
 - **Total Fat (including saturated fat)**
 - **Salt/Sodium**
 - **Fiber content**
- Pay attention to the serving size and calculate nutritional values accordingly.

4. Comparison and Ranking:

- Within your group, compare the three items and rank them from most nutritious to least nutritious based on their nutritional content.
- Justify your ranking with explanations of why one item is healthier than another. Consider the following:
 - Which item has the lowest sugar, lowest fat, highest fiber?
 - Which item provides the best overall nutritional value?

5. Healthier Alternatives:

- Suggest healthier alternatives for each of the three food items brought by your group.
 - Provide one alternative for each item and explain why it is a better choice. Consider factors like:
 - Lower calories
 - Less sugar
 - Higher fiber
 - More vitamins and minerals

6. Presentation:

- Prepare a visual presentation to share with the class. The presentation should include:
 - A comparison table & graph showing the nutritional values of the three items.

Food Item	Calories	Sugar (g)	Fat (g)	Salt (mg)	Fiber (g)
Milo (3-in-1)	120	12	2	50	0
Nasi Lemak Packet	600	15	30	700	1
Wholemeal Bread	70	2	1	120	3

- Your ranking of the items, with clear justifications.
- Healthier alternatives for each item and the benefits of choosing those alternatives.
- Include a short reflective section in your presentation:
 - What surprised you about the nutritional content of your items?
 - What lessons did you learn from this activity?
 - How could you apply these lessons to your daily diet and make healthier food choices?

Assessment Criteria (Rubric):

Criteria	Marks	Description
Nutritional Analysis	20	Accurate and detailed analysis of the nutritional labels.
Comparison and Ranking	20	Logical and well-explained ranking based on nutritional content.
Healthier Alternatives	20	Practical and relevant healthier options with clear justifications.
Presentation	20	Clear, engaging, and visually appealing presentation.
Reflection	20	Insightful reflection and thoughtful recommendations for healthier eating.
Total	100	

