

GROCERY RUN

Christchurch Food Festival
Education Trust: Charity
Number 1127292

LET'S BE A SMART SHOPPER

NAME

CLASS

Go around the room and gather some of your favourite foods. Use the nutrition label table as a guide and write the foods into the correct column.

Text	LOW	MEDIUM	HIGH	
Colour code	Green	Amber	Red	
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	>1.5g/100g	>1.8g/portion

LOW

MEDIUM

HIGH