

Task 1 – Biscuits

The task is to work out the number of calories provided by 1, 2, 3 and 4 x Rich Tea biscuits and the same for the Chocolate Digestive biscuits. See labels provided.

What advice would you give someone who is watching their weight but who likes to have a biscuit or biscuits with a cup of tea?

Extension Activity

Compare with other types/brands of biscuits, for example 'healthy option' and 'low calorie' biscuits.

What happens if you compare budget brands with the more luxury end of the range?

Rich Tea



300g

Rich Tea: Semi-Sweet biscuits

Ingredients

Wheat flour, Vegetable oil, Partially Inverted Sugar Syrup, Malt Extract (Barley), Raising Agent, Salt

Allergy Advice

- Contains gluten, wheat and barley

Storage

Store in a cool, dry place.
Once open, store in airtight container

Typical values

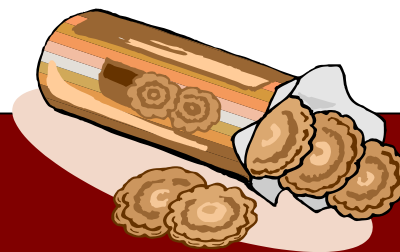
	Per 100g Per Biscuit		GDA's	
	Per 100g	Per Biscuit	Women	Men
Energy	1899kj 451kcal	146kj 35kcal	2000	2500
Protein	7.1g	0.5g	45g	55g
Carbohydrate	71.3g	5.5g	230g	300g
of which sugars	20.4g	1.6g	90g	120g
Fat	15.3g	1.2g	70g	95g
of which saturates	7.2g	0.6g	20g	30g
Fibre	2.9g	0.2g	24g	24g
Sodium	0.41g	0.03g	2.4g	2.4g
equivalent as salt	1.0g	0.1g	6g	6g

For best before:
see front of
pack



300g

Milk Chocolate Digestives



300g

Sweetmeal digestive biscuits half coated in milk chocolate

Ingredients

Wheat flour, Milk Chocolate (23%) [Sugar, Coca Butter, Cocoa Mass, Dried Skimmed Milk, Dried Whey (Milk), Unsalted Butter Oil, Vegetable Fat, Emulsifiers (Soya lecithins, Polyglycerol, Polyricinoleate, Natural Flavouring], Vegetable Oil, Sugar, Wholemeal Wheat Flour, Glucose Fructose Syrup, Raising Agent, Salt.

Allergy Advice

- Contains gluten, wheat and barley

Typical values

	Per 100g Per Biscuit		GDA's	
	Per 100g	Per Biscuit	Women	Men
Energy	2049kj 489kcal	348kj 83kcal	2000	2500
Protein	6.9g	1.2g	45g	55g
Carbohydrate	64.0g	10.8g	230g	300g
of which sugars	26.5g	4.5g	90g	120g
Fat	22.8g	3.9g	70g	95g
of which saturates	11.6g	2.0g	20g	30g
Fibre	3.0g	0.5g	24g	24g
Sodium	0.33g	0.06g	2.4g	2.4g
equivalent as salt	0.8g	0.2g	6g	6g

Storage

Store in a cool,
dry place.
Once open,
store in airtight
container



300g

Task 2 – Crisps

From the label or packs provided note:

- a) The calories per bag of crisps

- b) The different portion sizes of each bag

- c) Where there is a given 'suggested' portion size, how realistic is this?

What advice would you give to someone who is fond of crisps and who often buys crisps to eat at the weekend when friends come round?

Extension Activity

Empty a bag of crisps, taken from a multi-pack, into a bowl and discuss the portion size.

Do the same with a standard pack of crisps and a 'suggested' portion from a 'share bag'.

What do you notice?

Would the smaller multi-packs encourage people to eat less or to eat more than one pack in a sitting?

Task 3 – Fizzy drinks/Cola

From the labels or packs provided note:

The calories per given measure i.e.

- 330ml can
- 500ml bottle
- A glassful – 200ml

What advice would you give someone who is fond of sugar containing fizzy drinks but also wants to avoid gaining weight?