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The Standard 英文虎報

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英語樂

Rainy  
21-24°C

# Digesting food facts



I wish I read  
the labels for  
these snacks!



**W**HATEVER food products we buy, there is something that we should always read: the label. A food label is like the ID card of food. It reveals what the food is made up of.

The food label tells us what the product contains and where it is made. It shows us what nutrients it gives our body so that we can choose healthier options. Big Dee and Bobby are reading some food labels in the supermarket. Read on to see what they have found.

## Editor's Note

Hi! Every time I watched the bun scrambling competition on the TV for the last seven years, one thought always came to my mind: What do those buns taste like? Another thought is why those buns are not squashed when the competitors step on them. Recently, I learnt they are not real buns. What a let down! It is still fun to watch, though. Read more about the Cheung Chau Bun Festival on G08.



Simon

## Vocabulary Builder

label



label (n) 標籤

• The shopkeeper put a **label** on the canned food.

label (v) 標記

• Miss Dolphin **labels** her paper cup with a drawing of a heart.

## Goodies Learning Card





## Label busting

On the food label, you may see a table of mysterious names like saturated fat and sodium. The table tells you what **nutrients** the food brings. Some of these nutrients are all right for our body, some are not. Look at this packet of biscuits that Big Dee has picked up:



What food should I pick then? Help!

Big Dee, this bag of biscuits is high in fat and sodium. It is terrible for your body!

### Energy

It tells us how much power the food can give our body.

### Protein (蛋白質)

It is something used to build our body, especially our **muscles**.

### Saturated fat (飽和脂肪) and trans fat (反式脂肪)

They are two kinds of 'bad' fat. Watch out!

### Big Bingo Biscuits

Ingredients: flour, butter, sugar, chocolate

Net weight: 200g

Best Before: See date on package

### Nutritional facts

Per 100g/ml

<b>Energy</b>	542kcal
<b>Protein</b>	5.6g
<b>Fat</b>	27g
Saturated Fat	20.2g
Trans Fat	0g
<b>Carbohydrates</b>	67g
Sugars	43.3g
<b>Dietary fibre</b>	0g
<b>Sodium</b>	120mg

### Carbohydrates (碳水化合物)

It is a food **substance** that gives energy to us. But if we eat more than we burn, it could make us fat.

### Dietary fibre (食用纖維)

It is a substance **commonly** found in **veggies**. It helps us poo easily.

### Sodium (鈉)

This is another name for salt. The more sodium there is, the more salty the food is. Too much sodium is bad for the body!



## Food check

When you are buying snacks like Big Dee, you can look for food that is:

- low in saturated fat and trans fat;
- low in sugar;
- low in sodium;
- high in dietary fibre.



## Game

After reading the food labels, Big Dee has finally picked a snack in the supermarket. Rearrange the pieces to find out what he has bought!



Answers on G12

