

# Do you really trust food labelling?

1. What is the amount of sugar contained in one teaspoon of Nutella?

2. The manufacturer claims that "Nutella can be part of a complete breakfast"

Is the manufacturer wrong? Explain



3. What is the concern with the "Healthy Request" range of products?



4. Give two ways that the marketing and labelling of Campbell's Healthy Request deceives customers and gives the impression it is a healthy option.

5. The 12 pack SunRype fruitsource, looks like a good alternative for a quick nutritious snack.

a. What does the labelling tell the consumer about the contents?

b. What is the sugar content of one fruit-bar?

c. How do the manufacturers justify, advertising these snack as "100% fruit"?



d. Is the manufacturer breaking any consumer laws?

e. Research the daily sugar intake of an average person. Use this information to write a response to the manufacturer informing them of the misinformation presented on the label and the impacts of such advertising on society.

Your response need only be 2 paragraphs long. Don't forget to reference information sourced.

6. What is misleading about the claim "HIGH FIBRE"

7. Why is fibre so important to our diet. Research this answer and reference your sources.



8. Some packaged food sources claim to contain omega-3 or omega-6 oils.

a. What is a rich source of omega oils?

b. Explain why advertising the presence of omega-3 oil is misleading.