

Investigating Statements

To explore the nutritional values of different foods by gathering information from food labels.



Use the **Food Labels Sheet** to investigate whether each statement is true or false.

1. Fruit snacks contain no sugar at all.







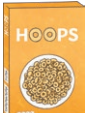
For this investigation you only need to look at fruit.

Fruit	Grams of sugar per 100g

Is this statement true or false?

☐ true ☐ false







2. Foods with more than 5g of protein for every 100g are always high in fat.

Food with more than 5g of protein	Is it high in fat (red for total fat)?	Does it support the statement? (✓ or ×)
 crisps	Yes	✓
 sausages		
 tuna steaks		
 chocolate muffins		
 bacon		
 almonds		
 multigrain hoop cereal		

Is this statement true or false?

☐ true ☐ false

3. Foods that are high in fat are always high in saturated fat.

Food that is high in fat.	Is this food high in saturated fat?	How many grams of saturated fat per 100g?	Does this food support the statement? (✓ or ×)
 chocolate muffin	Yes	5g	✓
 sausages			
 crisps			
 clotted cream			
 almonds			
 bacon			

Is this statement true or false? How do you know? _____

Investigating Statements Answers

Use the food labels to investigate if the statements are true.

1. Fruit snacks contain no sugar at all.

For this investigation you only need to look at fruit.

Fruit	Grams of sugar per 100g
<i>bananas</i>	<i>18g</i>
<i>blueberries</i>	<i>9g</i>

Is this statement true or false? *False*

2. Foods with more than 5g of protein for every 100g are always high in fat.

Food with more than 5g of protein	Is it high in fat (red for total fat)?	Does it support the statement? (✓ or ×)
crisps	<i>Yes</i>	✓
sausages	<i>Yes</i>	✓
tuna steaks	<i>No</i>	×
chocolate muffins	<i>Yes</i>	✓
bacon	<i>Yes</i>	✓
almonds	<i>Yes</i>	✓
multigrain hoop cereal	<i>No</i>	×

Is this statement true or false? *False*

3. Foods that are high in fat are always high in saturated fat.

Food that is high in fat.	Is this food high in saturated fat?	How many grams of saturated fat per 100g?	Does this food follow what the statement said? (✓ or ×)
chocolate muffin	Yes	5g	✓
sausages	Yes	8g	✓
crisps	No	2g	×
clotted cream	Yes	39.7g	✓
almonds	No	4.4g	×
bacon	Yes	8g	✓

Is this statement true or false? How do you know?

False, because most of the foods I looked at were high in total fats and in saturated fats but the crisps and the almonds were not classed as high in saturated fats.

Investigating Statements

To explore the nutritional values of different foods by gathering information from food labels.



Use the **Food Labels Sheet** to investigate if the statements are true.

1. Foods that are high in fat are always also high in salt.
2. Fruit snacks contain no sugar at all.
3. Foods that are high in fat are always high in saturated fat.
4. Foods which have 3g or more of fibre for every 100g are always low or medium in sugar content.
5. Foods with more than 5g of protein for every 100g are always high in fat.

Statement to investigate: _____

Food	Nutrient Information 1: _____	Nutrient Information 2: _____	Does this food support the statement? (✓ or ×)

Is this statement true or false? _____

How do you know? _____

Statement to investigate: _____

Food	Nutrient Information 1: _____	Nutrient Information 2: _____	Does this food support the statement? (✓ or ×)

Is this statement true or false? _____

How do you know? _____

Statement to investigate: _____

Food	Nutrient Information 1: _____	Nutrient Information 2: _____	Does this food support the statement? (✓ or ×)

Is this statement true or false? _____

How do you know? _____

Investigating Statements

Use the [Food Labels Sheet](#) to investigate if the statements are true.

1. Foods that are high in fat are always also high in salt.
2. Fruit snacks contain no sugar at all.
3. Foods that are high in fat are always high in saturated fat.
4. Foods which have 3g or more of fibre for every 100g are always low or medium in sugar content.
5. Foods with more than 5g of protein for every 100g are always high in fat.

Provide evidence for whether or not you think a statement is true. When you have investigated the statements here, suggest your own statement and find out if it is true or false, explaining with evidence from the food labels.

Investigating Statements Answers

1. Foods that are high in fat are always also high in salt.

Food	Fat	Salt	Does this food support the statement? (✓ or ×)
<i>crisps</i>	<i>27g high</i>	<i>1.5g high</i>	✓
<i>sausages</i>	<i>22g high</i>	<i>1.5g high</i>	✓
<i>chocolate muffins</i>	<i>21.1g high</i>	<i>0.2g low</i>	×
<i>clotted cream</i>	<i>63.5g high</i>	<i>Trace low</i>	×
<i>bacon</i>	<i>20.5g high</i>	<i>4g high</i>	✓
<i>almonds</i>	<i>56g high</i>	<i>0g low</i>	×

This statement is false.

I know because although lots of the foods do follow this rule, chocolate muffins, clotted cream and almonds are high in fat but they are not high in salt.

2. Fruit snacks contain no sugar at all.

Food	Is it a fruit?	Sugar	Does this food support the statement? (✓ or ×)
<i>bananas</i>	<i>Yes</i>	<i>18g medium</i>	×
<i>blueberries</i>	<i>Yes</i>	<i>9g medium</i>	×

This statement is false. I know this because bananas and blueberries have sugar in them.

3. Foods that are high in fat are always high in saturated fat.

Food	Fat	Saturated Fat	Does this food support the statement? (✓ or ×)
<i>crisps</i>	<i>27g high</i>	<i>2g medium</i>	×
<i>sausages</i>	<i>22g high</i>	<i>8g high</i>	✓
<i>chocolate muffins</i>	<i>21.1g high</i>	<i>5g high</i>	✓
<i>clotted cream</i>	<i>63.5g high</i>	<i>39.7g high</i>	✓
<i>bacon</i>	<i>20.5g high</i>	<i>8g high</i>	✓
<i>almonds</i>	<i>56g high</i>	<i>4.4g medium</i>	×

This statement is false. Although lots of foods which are high in fat are also high in saturated fat, we saw that almonds and crisps are not. There are likely to be other foods that do not follow the rule.

4. Foods which have 3g or more of fibre for every 100g are always low or medium in sugar content.

Food	Fibre	Sugar	Does this food support the statement? (✓ or ×)
crisps	6g	1.6g low	✓
whole wheat pasta	4g	0.6g low	✓
chocolate muffins	3g	32.1g high	×
almonds	7.5g	4.2g low	✓

This statement is false. The chocolate muffins have 3g of fibre per 100g but they are high in sugar.

5. Foods with more than 5g of protein for every 100g are always high in fat.

Food	Protein	Fat	Does this food support the statement? (✓ or ×)
crisps	6g	27g high	✓
sausages	19g	22g high	✓
tuna steaks	30g	1.3g low	×
chocolate muffins	6g	21.1g high	✓
bacon	17g	20.5g high	✓
almonds	21g	56g high	✓
multigrain hoops cereal	9g	4.2g medium	×

This statement is false. Although lots of the foods with more than 5g of protein we looked at were high in fat, almonds and tuna steaks were not.

Challenge: Answers will vary. Children should use data from the food labels to back up their conclusion.