

Nutrition per 100g of rice pudding

Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
574 kj 137 kcal	5.4g	3.5g	10.4g	0.3g



Carbohydrate: 18.5g
Fibre: 0g
Protein: 3.4 g

Paul

Rice pudding is one of the most nutritious desserts you can choose because it is not high in fats or sugars.

Do you agree with Paul?

Explain your answer, using the food label to help you.

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Reasoning Card ②

Rice pudding is one of the most nutritious desserts you can choose because it is not high in fats or sugars.

Do you agree with Paul?

Explain your answer, using the food label to help you.

Example answer:

Accept any answer which refers to rice pudding neither being the least or most nutritious dessert. Children should refer to the colours on the food label.

e.g. Although Paul is right that there are lots of desserts which are much higher in fats and sugar content, I disagree that a pot of rice pudding is a very healthy choice as it is not low in fats and sugars. There are dessert choices that contain less fats and sugars, such as fruit salad and plain yoghurt.