



## Health and Social Care and Childcare



- Design and make a healthy snack for a child.
- Remember to make it exciting and full of wonder!

NUTRITION INFORMATION		
Serving size 100g		
Amount per 100g		
	Per 100g	Per 100g
Energy	1000	1000
Fiber	1.0	1.0
fat		
Total	33g	33g
Saturated	1.0	1.0
Carbohydrate		
Total	17.0g	17.0g
Sugars	16.5g	16.5g
Protein	1.0	1.0
Salt	0.0g	0.0g

This tells you how many calories there are in the whole packet.

This tells you the size of each serving of the food.

This tells you the nutrients in 100g of the food. This is the best way to compare different products.

This tells you the nutrients in a single serving of this food. In this case, it's 100g.

We can't wait to see the healthy snacks you come up with!

SHARE - Tag @MrsTomlinsTeach @MsHiraniU @CyresTransition

