

Name :



What's in your bowl?

Breakfast is said to be the most important meal of the day. A popular breakfast choice is cereal. What's your favourite cereal? Do you know what's in it?

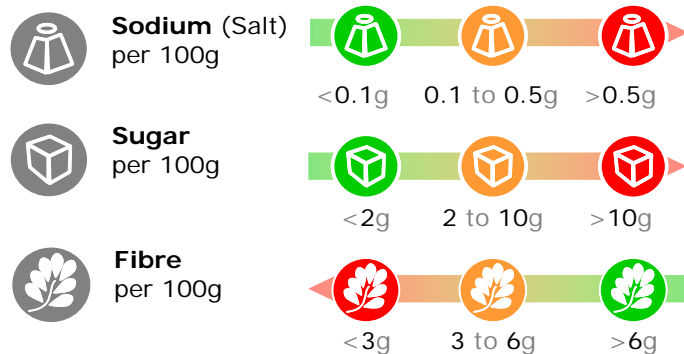
A new system of labelling for food has been suggested which makes it easier to see how much sugar, salt and fibre food contains.

Introduction

Mr Switch is labelling some example cereals to show to Supermarkets how it's done. He's got in a pickle. Can you use the Traffic Light Labelling system to help colour in all the symbols?

The values shown below are in grams (except Calories).

Traffic Light System



CocoPops Kellogg's		per 100g
Calories		387.0
Carbohydrates		85.0
Sugars		36.0
Protein		5.0
Fat		3.0
Fibre		2.0
Sodium		0.45



Chocolate Hoops Asda		per 100g
Calories		385.0
Carbohydrates		79.0
Sugars		37.0
Protein		7.0
Fat		4.5
Fibre		4.0
Sodium		0.2



Corn Flakes Kellogg's		per 100g
Calories		372.0
Carbohydrates		85.4
Sugars		8.0
Protein		7
Fat		0.9
Fibre		3.0
Sodium		0.7



Golden Grahams Nestle		per 100g
Calories		375.0
Carbohydrates		81.0
Sugars		31.8
Protein		6.0
Fat		3.0
Fibre		3.4
Sodium		1.0



Weetos Weetabix		per 100g
Calories		378.0
Carbohydrates		75.1
Sugars		23.5
Protein		7.0
Fat		4.9
Fibre		5.8
Sodium		0.3



Choco Asda		per 100g
Calories		462.0
Carbohydrates		62.5
Sugars		NA
Protein		8.3
Fat		19.9
Fibre		4.8
Sodium		NA



Shredded Wheat Nestle		per 100g
Calories		340.0
Carbohydrates		62.5
Sugars		0.9
Protein		11.6
Fat		2.5
Fibre		11.8
Sodium		<0.1



Sugar Puffs Quaker		per 100g
Calories		383.0
Carbohydrates		85.4
Sugars		50.0
Protein		5.9
Fat		0.7
Fibre		3.3
Sodium		<0.1



Ready Brek Weetabix		per 100g
Calories		395.0
Carbohydrates		59.0
Sugars		1.8
Protein		12.0
Fat		8.7
Fibre		7.9
Sodium		<0.1



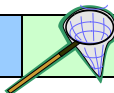
All Bran Kellogg's		per 100g
Calories		280.0
Carbohydrates		48.0
Sugars		17.0
Protein		14
Fat		3.5
Fibre		27
Sodium		0.6



The data he is using does not have all of the values (NA = Not available) – colour in what you think these particular packets are likely to be.



Plan



Collect

Are you going to investigate a particular type of cereal or the most popular?
If studying a type, which type?

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What information are you going to collect?

.....

.....

How many cereals will you investigate (ie how many samples)?

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Process

Use the following space to record your results in a suitable way.

You should now use this table to create a chart/graph of your results.

