

## Level 4: Understanding Food Labels Hands on Nutrition Workshops

Reading food and drink labels can help us make healthy choices. If you are interested in teaching your community how to understand nutrition labels and compare products, try running the new *Understanding Food Labels* extension for your next Hands on Nutrition Workshop (HONW)!

Just like our other HONW extensions, the *Understanding Food Labels* HONW follows the same basic structure as the classic HONW, except for the education component. The education is designed to teach participants about the basics of food labelling, and help them interpret nutrition information panels to easily compare products.

The workshop includes three main sections:

1. Healthy **recipe demonstration** by the facilitator
2. Nutrition **education session**, based on the Country Kitchens 5 key messages and tips for understanding food labels
3. Hands-on **group cooking activity**, where participants prepare a Country Kitchens recipe

### Recipe Demonstration

The recipe demonstration is a great starting point for your workshop, as it allows you to engage the audience. For an *Understanding Food Labels* HONW, we recommend demonstrating the rainbow frittata muffins recipe, just like a standard HONW. If you would like to choose a different recipe to demonstrate, get in touch with your CK buddy to check if your chosen recipe is suitable for a live demo. During the demonstration, remember to use a Demonstrator Cheat Sheet to provide you with talking points about why the recipe is a healthy choice.

### Nutrition Education



The nutrition education section of the HONW is delivered using the Nutrition Education Flipbook. The A3 A-frame flipbook has two sides, and can be placed on a table or desk. The front is what participants will see, and the back contains talking points to be covered by the facilitator. The notes can be read to the participants word for word, or, if you feel confident, they can be used as a prompt so that you can change the information into your own words.

The *Understanding Food Labels* HONW nutrition education should first begin by presenting the standard HONW flipbook pages. This includes the QCWA Country Kitchens introduction, food literacy, and 5 Key Messages pages. The *Understanding Food Labels* extension then includes four additional pages to present to your audience: introduction to understanding food labels, tips for reading and understanding nutrition information panels, advice for how to compare and select healthier food and drink options, and information about the Health Star Rating System.

Below is an example of one of the *Understanding Food Labels* flipbook extension pages. The 'participant side' shows what your audience will see and the 'facilitator side' is what you will see as the presenter.

### Nutrition Information Panel

Servings per package  
Serving size  
Quantity per serving  
Quantity per 100g  
Ingredients list  
Food allergen warnings

NUTRITION INFORMATION			
Serving size: 220 g			
	Ave. Quantity per Serving	% Daily Intake*	Ave. Quantity per 100 g
Energy	669 kJ (160 Cal)	8%	304 kJ (73 Cal)
Protein	8.6 g	17%	39 g
Tot. Fat	0.9 g	1%	0.4 g
- saturated	0.2 g	0.4%	0.1 g
Carbohydrate	33.2 g	11%	15.1 g
- sugar	12.9 g	14%	5.9 g
Dietary fibre	1.1 g	4%	0.5 g
Sodium	687 mg	29%	312 mg

\*Percentages Daily Intake are based on an average adult diet of 2700 kJ. Your daily intake may be higher or lower depending on your energy needs.

**INGREDIENTS:** Copeland's (20%) Water, Wheat Flour, Tomato Sauce (20%) (Reconstituted Tomato Paste, Water, Sugar, Thickener (1415), Natural Flavour, Salt, Canola Oil, Natural Flavour, Natural Colour (1401), Vegetable Powder, Food Acid (330), Antioxidant (300), Contains 34% Reconstituted Tomato Paste).

**CONTAINS WHEAT.**  
**MAY CONTAIN EGGS.**  
Suitable for Vegetarians.  
Store in a cool, dry place. Once opened, store refrigerated below 4°C. Use by best before date. Contains 34% Reconstituted Tomato Paste.

Participant Side

### Nutrition Information Panel

Check the **nutrition information panel** for the following information about your food product:

**Servings per package:** the number of serves in the **entire package** or product, as per the serving size listed underneath.

**Serving size:** the average serving size of the product **determined by the manufacturer**. This may be different to the size of a serving that you would normally consume.

**Ingredients list:** describes what is in the product. Listed in order from **largest to smallest** by weight.

**Quantity per serving:** the quantity of **nutrients in the serving size** that has been determined by the manufacturer.

**Quantity per 100g:** the quantity of **nutrients in 100g** of the product. This is a useful standard to **compare similar products**.

**Food allergen warnings:** all major allergens must be declared on the food label.

For more information, refer to the Eat for Health website.

Facilitator Side

## Hands on Cooking Activity

The final section of the HONW is the hands-on group cooking activity. This is a core component of the HONW, and is an opportunity for you to directly teach cooking skills to your participant group. During this activity, participants will split into groups of two or three and make a Country Kitchens recipe together.

For an *Understanding Food Labels* HONW, we recommend choosing up to three recipes from the standard HONW Recipe Booklet, or sticking with the standard recipes: light and crunchy coleslaw, chicken stirfry, and sticky date and pear muffins. During the cooking session, you may also like to incorporate some food label education from your earlier presentation, e.g. encourage participants to look for health claims or analyse the nutrition information panels of the ingredients they are cooking with. Once the cooking is complete, participants may sit to share a social meal, or take the food home for themselves or their family.

If you would like to know more about the *Understanding Food Labels* HONW extension, or would like help planning your own HONW, please get in touch with your CK buddy.