

# Nutrition Label Match Game

Food Label	Found on food packages. Gives information about the ingredients and nutrients that are in the food. Also gives the manufacturer's address.
Serving Size	The amount of food on the Nutrition Information Label considered to be one portion.
Energy	The amount of Calories (Cal) or kiloJoules per serving size.
Calorie	The measure of energy supplied by the food we eat.
Protein	Provides energy for our bodies and is also used to build up and maintain the tissues throughout the body – muscles, organs and some hormones. It is found in milk products, eggs, meat, poultry, fish, nuts, seeds and legumes.
Carbohydrate	A nutrient that provides our main source of energy to our muscles and our brains. It is found mainly in grain products and in vegetables and fruit.
Fat	Provides energy. It is found naturally in animal products and vegetable oils.



Vitamins & Minerals	Nutrients needed by the body in very small amounts
Ingredients	Parts in a mixture or recipe.
Gram	A metric unit of weight. A paper clip weighs about this much.
Milligram	A unit of weight equal to 1/1000 of a gram.
Enriched	The addition of vitamins and minerals (that may have been lost during processing) into food products.
Fortified	The addition of some nutrients (that may be lacking in the food people eat) into food products.
Additives	Substances added to food for various reasons such as: to stop food spoilage, to give flavour or to give colour. Some common examples include BHT (butylated hydroxytoluene) carrageenan, and cellulose.