

Class: 3 ( )

Name and class no.: \_\_\_\_\_ ( )

Date: \_\_\_\_\_

Teachers' feedback:

Grade:

**Task A Online self-learning**

Scan the following QR codes or browse the websites provided, then read the information and watch the video.

Think aloud

1. 'The Food pyramid-A Guide to a Balanced Diet'  
(<https://www.chp.gov.hk/en/static/90017.html>)



2. '營養標籤多面睇'  
(<https://www.hkedcity.net/etv/resource/2120778451>)



3. 'How to read food labels'  
(<https://medlineplus.gov/ency/patientinstructions/000107.htm>)



Nutrition Facts	
Serving Size: 1 bar	
Servings per Container 1	
Amount per serving	
Calories 360	Calories from Fat 180
% Daily Value	
Total Fat 21g	32%
Saturated Fat 13g	65%
Cholesterol 20mg	3%
Sodium 60mg	3%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 41g	

Candy bar



ADAM.

Always look at the serving size

This product is HIGH in total fat and saturated fat. For each day, try to consume NO MORE than a total of 100% of these

**Task B Answer the following questions on this worksheet or on a A4 paper**

Think aloud

1. After watching the video from Task A, do you think that food labels can help you to select healthy foods? Why do you say so?

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2. Vivian suffers from heart diseases,

(a) do you suggest her to choose the candy bar shown on task A? What is/ are your reason(s)?

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(b) Search the information from internet in order to further convince Vivian to adopt your suggestion in (a). Write down the reasons to explain whether a person may suffer heart diseases easily if a person always eats a lot of high sugary or fatty food.

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(c) Draw a labelled food pyramid suitable for Vivian.



