

Demystifying Food Labels: Your Path to Healthier Choices

Ever wondered what all those terms and numbers on food labels really mean? In today's world, making healthy choices can be overwhelming, especially when faced with confusing or misleading information. This session will help you cut through the noise and make sense of food labels so you can confidently choose what's best for your health.

We'll break down the essentials, from understanding nutrition facts to decoding ingredient lists. You'll discover how some labels are designed to appear healthier than they actually are, and learn to spot the most common tricks that can catch you out.

By the end of the session, you'll be armed with the right knowledge, navigating grocery aisles with confidence, making informed decisions, and prioritising your health every time you shop.

Learning Objectives

- Unpacking food labels
- Discovering some examples of misleading food labels
- Application: tips to be a savvy shopper

Content Outline

Food Labels 101

- Understand the importance of reading food labels
- Learn to interpret key food label information
- Identify and understand meaning behind symbols for healthier choices

Some Examples of Misleading Food Labels

- Identify common misleading practices in food labelling
- Understand key terms and claims that may be misleading
- Learn and apply the skills to spot and interpret misleading labels

How To Be a Savvy Shopper

- Develop skills to assess food products beyond front labels
- Identify key ingredients for healthier choices
- Spot hidden ingredients that could be harmful to the body