

Name _____

You will need (empty) packets of Bran Flakes, Alpen (No Added Sugar) and Weetabix.

Alternatively, this information is also available online at:
<http://www.weetabix.co.uk/brands/alpen-cereals/alpen-no-added-sugar/>
<http://www.weetabix.co.uk/brands/weetabix/weetabix/>
http://www.kelloggs.co.uk/products/branflakes/Cereal/bran_flakes.aspx

Breakfast Cereals

Getting information from tables and presenting information in a table, understanding percentages in a practical context, finding percentages, comparing weights, presenting information in pie charts.

The nutritional information on the labels of food packets and tins looks quite complicated. Perhaps the manufacturers do this deliberately, so that most people won't bother to check. However, if you know a bit about percentages, you can work it out.

You are going to look at three breakfast cereals - Bran Flakes, Alpen (No Added Sugar) and Weetabix.

1. Work out the cost of 100 grams of each cereal by filling in this table.

Brand of breakfast cereal	Cost of packet	Weight of cereal *	Cost per 100g

* For Bran Flakes and Alpen (No Added Sugar), this is printed on the packet. In the case of Weetabix, this will be a bit tricky to work out. You will have to find the weight of one serving, and multiply it by the number of servings in the packet.

Which is the most expensive cereal, weight for weight?

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2. Find the Nutrition panel on each packet.

- **Work out the percentage of each of these substances in each packet, and fill them in on the table below.**

Tip: remember that 'per cent' means 'out of 100'.

Brand of breakfast cereal	% Carb	% Protein	% Sugar	% Fat	% Fibre	% Salt
Bran Flakes						
Alpen (No Added Sugar)						
Weetabix						

3. From the table, work out:

- Which brand of Breakfast Cereal contains the most sugar?
- Which brand of Breakfast Cereal contains the least sugar?
- Which brand of Breakfast Cereal contains the most fibre?
- Which brand of Breakfast Cereal contains the least fibre?

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4. Some ingredients in food, like salt, can be dangerous if you have too much.

The government, through the Food Standards Agency, sets the limits on the recommended percentage of these in foods.

This table tells you what they recommend per 100 grams.

	Green (Low)	Amber (Medium)	Red (High)
Fat	Less than 3g	Between 3g and 20g	Over 20g
Saturates	Less than 1.5g	Between 1.5g and 5g	Over 5g
Sugars	Less than 5g	Between 5g and 12.5g	Over 12.5 g
Salt	Less than 0.3g	Between 0.5g and 1.5g	Over 1.5g

Source: Food Standards Agency, Front-of-Pack Technical Guidance 2
<http://www.food.gov.uk/multimedia/pdfs/frontofpackguidance2.pdf>

- Using the information in the nutrition panels on the packets, write **Low**, **Medium** or **High** in the spaces in this table.

	Bran Flakes	Alpen (No Added Sugar)	Weetabix
Fat			
Saturates			
Sugars			
Salt			

This resource kindly contributed by John Kerrane kerranerie@btinternet.com

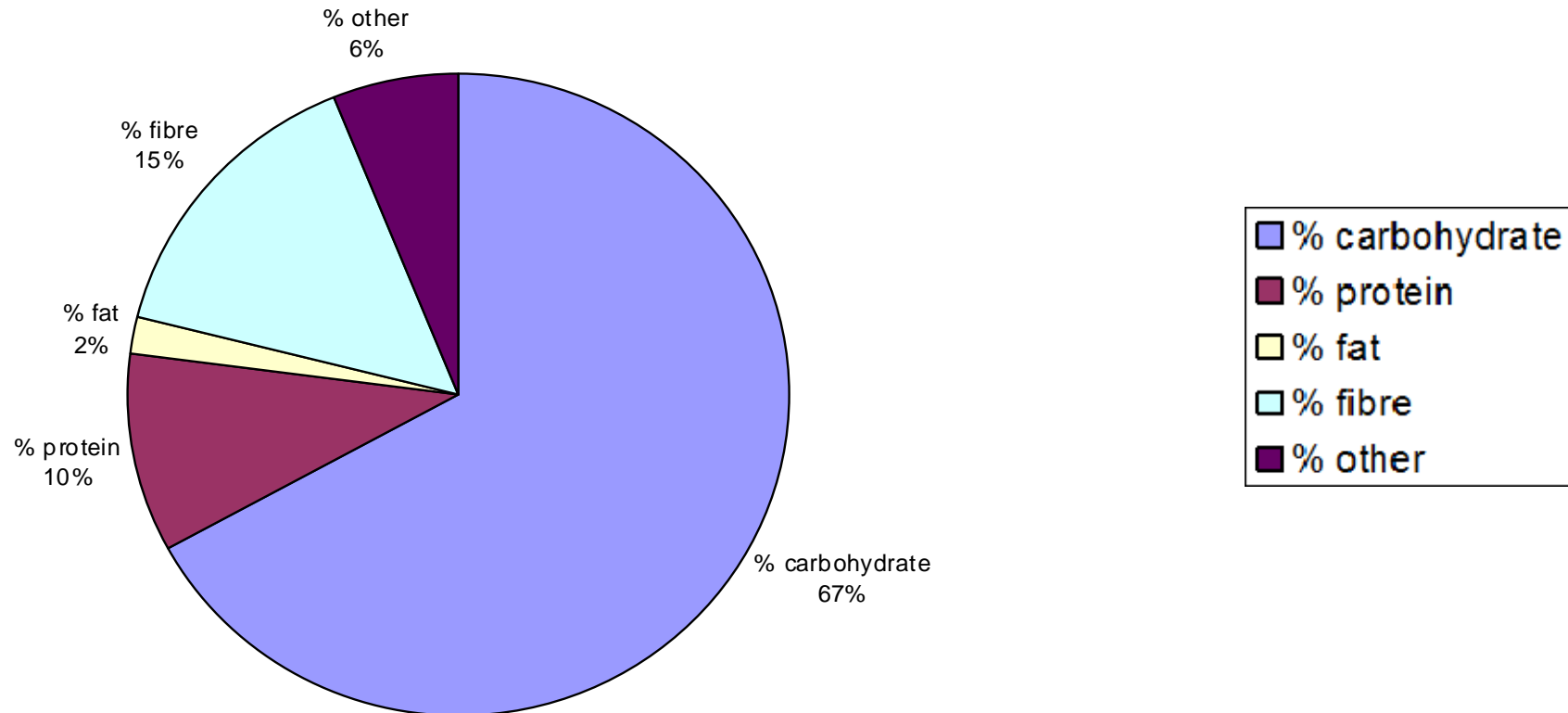
Covers many L1-2 numeracy elements inc. N2/L1.4 Read, write, order and compare decimals up to 3 d.p. N2/L2.8 Find % parts of quantities & measurements; N2/L2.9 Evaluate one number as a % of another; N2/L2.10 Solve problems with or without a calculator efficiently using whole numbers, fractions, decimals & percentages; HD1/L2.2 Collect, organise & represent discrete/continuous data .

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5. This is a pie chart representing the percentage of ingredients in Bran Flakes.

- **Construct two similar pie charts, one for Alpen (No Added Sugar) and one for Weetabix.**
- **Discuss your results.**

The percentage of ingredients in Bran Flakes



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