

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](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<br>(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.

|                  | <b>Green (Low)</b> | <b>Amber (Medium)</b> | <b>Red (High)</b> |
|------------------|--------------------|-----------------------|-------------------|
| <b>Fat</b>       | Less than 3g       | Between 3g and 20g    | Over 20g          |
| <b>Saturates</b> | Less than 1.5g     | Between 1.5g and 5g   | Over 5g           |
| <b>Sugars</b>    | Less than 5g       | Between 5g and 12.5g  | Over 12.5 g       |
| <b>Salt</b>      | 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.

|                  | <b>Bran Flakes</b> | <b>Alpen (No Added Sugar)</b> | <b>Weetabix</b> |
|------------------|--------------------|-------------------------------|-----------------|
| <b>Fat</b>       |                    |                               |                 |
| <b>Saturates</b> |                    |                               |                 |
| <b>Sugars</b>    |                    |                               |                 |
| <b>Salt</b>      |                    |                               |                 |

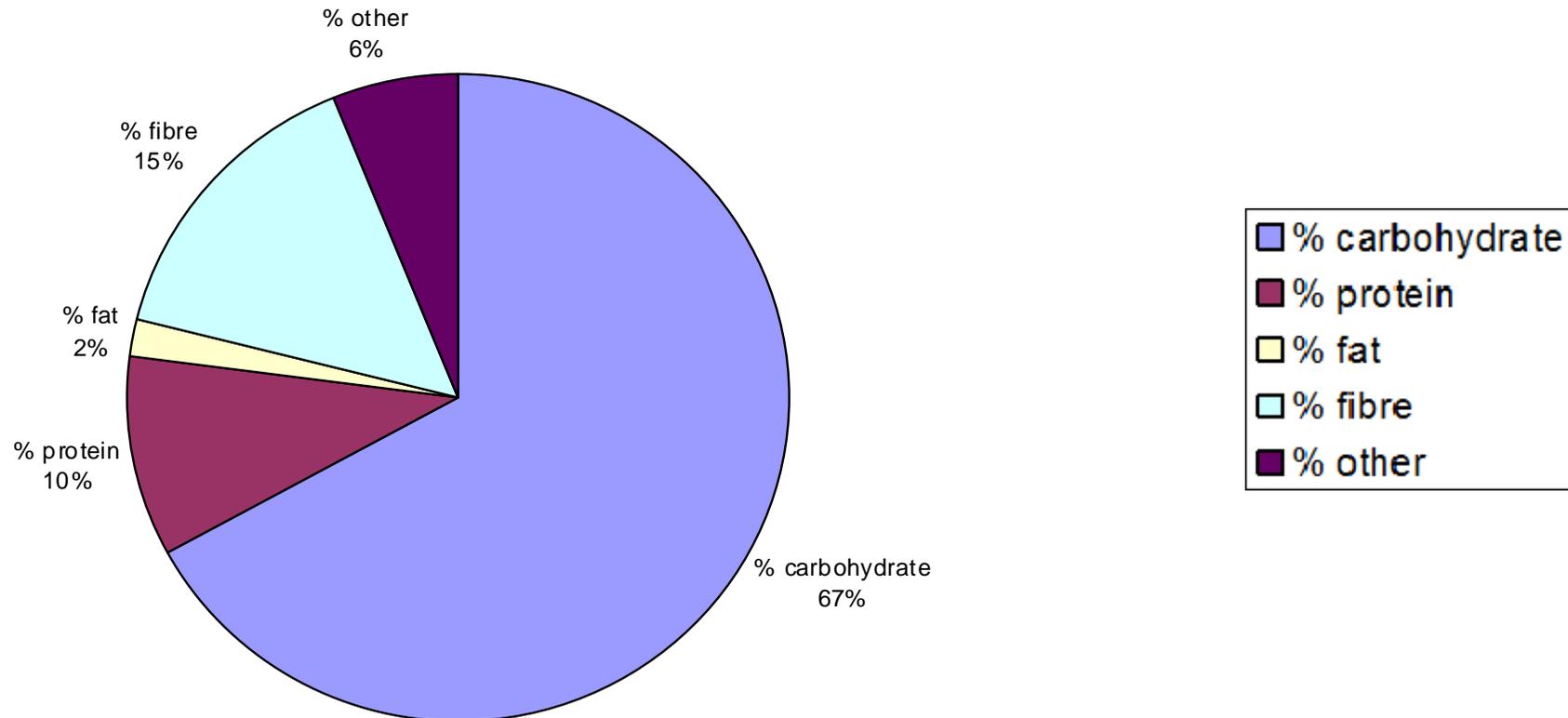
This resource kindly contributed by John Kerrane [kerranerie@btinternet.com](mailto:kerranerie@btinternet.com)

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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



This resource kindly contributed by John Kerrane [kerranerie@btinternet.com](mailto:kerranerie@btinternet.com)