

LO - To discuss the nutritional information in foods. - To research how many calories, how much sugar, salt and fat men, women and children should consume daily.

**Biological challenges**

**Challenge: 4B4**

Complete the table to show how many calories, amount of sugar, salt and fat a man/woman/child should consume daily in order to live a healthy lifestyle.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Men | Women | Children |
| Calories |  |  |  |
| Sugar |  |  |  |
| Salt |  |  |  |
| Fat |  |  |  |