

Stage 2 Lesson 2:

Food Label Scavenger Hunt



Name: _____

Business Group Name: _____

Work as a team to find foods with these characteristics.
Write the name of the product below the clue.

Find a bakery product that is low in saturated fat.	Find a can of food	Find a product that contains whole grains.
Find a food high in dietary fibre.	Find a food that you've never eaten before.	Find a food that was made in Canada!
Find a food that has one or more of the following vitamins or minerals: B vitamins, iron, zinc and magnesium.	Find a cereal that is high in fibre and contains whole grain ingredient(s).	Find a food that has a potential allergen.