Food Detectives

Cheryl Peat

An eat well be active - Primary Schools project school presentation

Thank you to ACHPER for developing this presentation

This presentation or excerpts from it has been a most popular one with staff, students and parents. It explains how to introduce the reading of labels on foods which often contain misleading advertising. Cheryl shows how to read the contents of

- Fats
- Sugars
- Sodium(Salt)
- Fibre
- With this knowledge you will be better equipped to make healthy choices

http://youtu.be/1ULfP3RqzwY

For more information contact ACHPER at Phone: 08 8363 5700

Video Playlist : http://www.youtube.com/playlist?list=PLCp3_brrD7xoWktOg-uK6dCLuZTRpHK2Z

eat well be active - Primary Schools Project , a joint SA Health and Department for Education and Child Development project from 2008-2013