

Kothari International School

Grade 2

'Food Packet Label Reading'- Activity

"To eat is a necessity, but to eat intelligently is an art."

Our students of Grade 2 took a step forward towards being responsible citizens of the country by participating in the 'Food Packet Label Reading' Activity. They were apprised of the fact that reading food packet labels helps consumers make informed decisions when purchasing food, helps them to store and use the food they've purchased safely. It informs the consumers about the 'MRP' and 'Best Before' dates. Comparing items using the food label can help us choose the best value for our health. One can quickly and easily compare the nutrients content of each product by looking at the label that lists nutrition information to choose the right and healthy one. The activity proved very informative and useful as it gave the children an insight of the food packet labelling requirement.

Grade 2C- Food Packet Label Reading (Activity)

