Life-wide learning day Assignment Are you concerning about this?

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We have visited the Health Education Exhibition and Resource Centre in the life-wide learning day. Lots of different information about health and hygiene were shown there. They use some high technology games to show the information to us so that it can be more interesting in the visiting.

Nutrition Labelling 料理 靈制得 ロマレローロションは大学はなったの日来 1117 四朝軍和七時國家務務的發展長(2015年6月 fied natrients 12-2 晚,带去明代,端长的金田一時知何)田香薰 all deterior entry of a B 44、 34 40 型量差管理小师符合终身的保持。 in contribution man Loss a Section of the Science? 1.+原取的像老婆美装的得到都道:" New York 1 The Science of the souther care and external source chargers な表記に経営部長の日の interest care therees in the last distance with dark file priority or to the function sature the carbonal arms to be 重要把带出的过去时,他的现在呢: 非感情品至它的特殊深度發展了BRC在品;自己 "空东部道京口方成分生活首为有些。 公司支持委員上的資料了 医无情的上的名称来说自己来 网络黑花科 11日第一日(11日)中(11日)- 11日(11日)- 11日(11日)- 11日) 23.00092. 「飲食品の安菜式をお切下と含みを養育 の記憶を含められたか。 1. 大利人的指导要 1个人被称一些辩理没有进展中于 the School are Law Nubrilian I filo materia kutrition Information (2幕管科 Service .

In our daily life, we usually get a chance to meet the nutrition labels. There are nutrition labels on many products such as drinks and food. In this visit, we got more information about nutrition labels. We knew that these labels provide the data of '1+7', that is energy plus the seven specified nutrients. Then Nutrition Labelling

Scheme aims to help the customers to make informed food choices and also to encourage the food manufacturers to produce food according to the nutrition principles.

It is good to us as we can choose a good after watching its nutrition labels. We can make comparisons between products so that we can choose a healthier choice, which may contain less fats, sodium and sugars. As a result, we can maintain a good diet as we concern about the nutrients about what we are eating or drinking.

If we want to be healthier on what we are eating or drinking, we can read the nutrition labels before buying the products. Let's to be a clever and healthier customers!