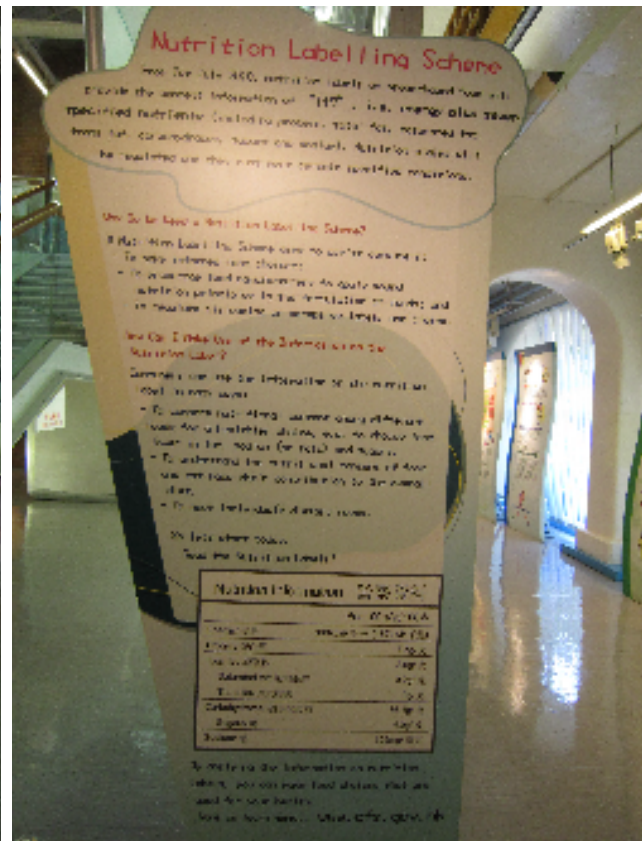


# Life-wide learning day Assignment

## 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.



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!