



Each serving contains				
101	19 g	trace	trace	trace
calories	sugar	fat	saturates	salt
5%	21%	0%	0%	0%
of your guideline daily amount				

Nutritional Information		
Typical values	per 250 ml	per 100 ml
ENERGY	101 kcal	40 kcal
PROTEIN	1.3 g	0.5g
CARBOHYDRATE	24.0g	9.6g
of which sugars	19.0g	7.6g
VITAMIN C	100mg	40mg
Portion of fruit and vegetables	1	0.7
This pack contains approximately 4 servings		

Guideline Daily Amounts				
calories	sugar	fat	saturates	salt
2000 kcal	90g	70g	20	5g

Product Wars Activity 2 Option A

Make A Smoothie

I am going to make **96** g of Smoothie.

My Smoothie recipe is:

- **45** g avocado
- **51** g carrot

The total amount is therefore **96** g.

There are 45 g of avocado out of 96 g altogether = $\frac{45}{96}$.

To find a percentage we must multiply by 100.

You can round the answer to the nearest whole number.

Complete the table to find the percentage of carrot in the Smoothie

My Smoothie	Ingredients		Percentage
	Avocado	$\frac{45}{96} \times 100$	47 %
	Carrot		

Find the percentage of each ingredient in your Smoothie.

Write your results on the label provided.

Product Wars Activity 2 Option B

Make A Smoothie

I am going to make 360g of Smoothie.

My Smoothie recipe is:

- 210 g avocado
- 150 g carrot

The total amount is therefore 360 g.

What should be on the Nutrition Label?

Protein

100 g of **Avocado** contains 1.98 g of protein

$$1 \text{ g} \quad \frac{1.98}{100} \text{ g}$$

$$210 \text{ g} \quad \frac{1.98}{100} \times 210 \text{ g} = \mathbf{4.16 \text{ g}}$$

100g of **Carrot** contains 1.03 g of protein

$$1 \text{ g} \quad \frac{1.03}{100} \text{ g}$$

$$150 \text{ g} \quad \frac{1.03}{100} \times 150 = \mathbf{1.55 \text{ g}}$$

So, in **360 g** of my Smoothie there are $4.16 \text{ g} + 1.55 \text{ g} = \mathbf{5.71 \text{ g}}$ of protein.

The Nutrition Label asks for the protein in 100 g of Smoothie

360 g contains 5.71 g of protein

$$1 \text{ g} \quad \text{“} \quad \frac{5.71}{360} \text{ g}$$

$$100 \text{ g} \quad \text{“} \quad \frac{5.71}{360} \times 100 \text{ g} = \mathbf{1.59 \text{ g}}$$

Now find the fat and carbohydrate in 100 g of my Smoothie.

Give your answers to 2 decimal places.