

Savoury Scones

To be aware of the hidden extras (sugar etc) that can be hiding in our food.

Activity 1: Savoury Scones

How would you describe the taste of savoury foods in comparison to sweet?

Which do you think is healthier, sweet or savoury? Or are they the same? Explain why you think this.

How do you rate your Savoury Scones? ___/10

Why? (Describe the taste, texture and appearance)

Activity 2: Hidden extras in food.

When buying ready meals and processed foods, what should we look out for in the contents?

When reading food labels like the example here, what should we check?

- 1) _____
- 2) _____
- 3) _____

