

# Get Your Body Buzzing *Express*

## Module Two

### Supermarket Safari



## Outcomes

Have the knowledge and skills required to read any food label and make a healthy choice

How to structure your shopping list

How to shop healthy on a budget

How to make Six Simple Meals using Supermarket Basics

## Reading Food Labels



## What does it all mean?

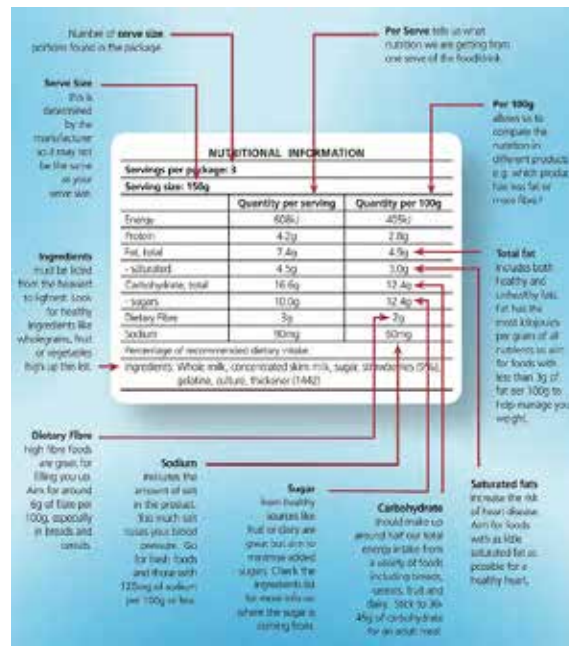


## What does it all mean?



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## Cholesterol Free





## Oven Baked not Fried



## Teaspoons of Sugar



600ml orange juice – 9 teaspoons



600ml coke – 13 teaspoons

## Teaspoons of Sugar



600ml choc milk – 12 teaspoons



600ml iced coffee – 11 teaspoons

## Teaspoons of Sugar



600ml sports drink – 7 teaspoons



250ml energy drink – 5 ½ teaspoons

## Teaspoons of Sugar



500ml vitamin water– 4 teaspoons

## Lite or Light



## Percentage Free





**“Life is like a jigsaw – one day it all comes together**

**- Maggie Beer**