The Health Star Rating System

1. View the Seeing Stars video clip.
   https://www.youtube.com/watch?v=zbpMfIVhwoU  Seeing Stars: 4.30mins

2. Using the information you gained from the film clip and the following website, and your text pages 97 - 98 produce a poster or pamphlet that explains the Health Star Rating System and how it works.

3. Outline some limitations to the Health Star System

4. View the following film clip and explain how the Healthy Star System could help George to make healthier choices
   https://www.youtube.com/watch?v=KZoDHaf__NI  How can we make it easier to eat healthier - Nutrition Australia 10.25 mins

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

*8.5* HEALTH STAR RATING

ENERGY 1610kJ  380kcal
SAT. FAT  2.5g
SUGARS  18.4g
SALT  178mg
CAFFEINE  5.2g
PER 100g