

Food Labels Visual Guide for Children

This guide gently explores what food labels show, how to read them, and what information might be added — like ingredients, nutritional values, or allergy notes.

With **soft colours**, **friendly visuals**, and **clear language**, each panel **supports emotional regulation**, **sensory understanding**, and **relational trust**.

If food labels feel unfamiliar or seem a little confusing sometimes, this guide is here to help things feel more manageable — **one calm panel at a time**.

Questions You Might Have

What information is on food labels?

Food labels show what's in your food — including ingredients, nutrients, and allergy information. They help you make informed choices about what you eat.

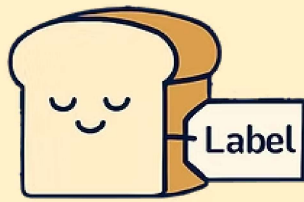
What is nutritional information on food labels?

This section shows amounts of energy, fat, sugar, salt, and other nutrients per portion. It helps you understand the nutritional content of what you're eating.

Why is it important to read food labels?

Reading food labels helps you understand what's in your food, identify allergens, make healthier choices, and avoid ingredients you may be sensitive to. It's an important skill for managing dietary needs and preferences.

What's Inside Food Labels



A sensory-safe guide to ingredients, nutrients, allergy advice, and more.

What Food Labels Show



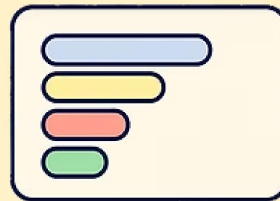
Food labels show what's in your food — ingredients, nutrients, and allergy info.

Ingredients List



Ingredients are listed in order of amount — the first one is what there's most of.

Nutritional Information



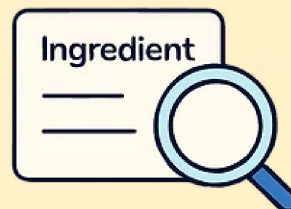
This section shows amounts of energy, fat, sugar, salt, & other nutrients per portion.

Allergy Advice



Labels highlight allergens like wheat, milk, or nuts — often inside a small square.

Hidden Extras



Some labels include additives, preservatives, or flavourings.