

Teaching Ideas

Food Labelling

Health Star Rating campaign

The Health Star Rating (HSR) system is a voluntary Australian and New Zealand front of packing labelling system. During 2014-2015 a national campaign is being implemented to support implementation of this system. The key purpose of this campaign is to:

- Raise awareness of the HSR system.
- Develop understanding of how to read the HSR label.
- Prompt consideration of nutrition as part of purchasing behaviour.
- Develop consumer confidence in the HSR as an independent and informative nutrition guide.

More information on this new front of labelling packaging can be found on their [website](#).



Information on this website links well with the *Year 5 Limiting Salt, Fat and Sugar* unit and the *Year 9 Food Labels Exposed* unit. It also addresses Australian Curriculum general capabilities of literacy, and critical and creative thinking. Suggested classroom icebreaker questions include:

- *How do you read the Health Star Rating label?*
- *Who do you think the Health Star Rating label is aimed at?*
- *What are some advantages of using the Health Star Rating?*
- *What are some disadvantages of using the Health Star Rating?*
- *What other label information could you look at to determine if a food is a healthy choice?*