**[Student]:** Hi.

**[Teacher]** What have you learned about food labelling?

**[Student]** Well, we've learned a lot of different things about food labelling. For example, all the different individual sections of food labelling and the requirements surrounding those, and then the purpose for what that can help consumers with their health and safety.

**[Teacher]** And do you think food labelling could be improved?

**[Student]**: Yes, food labelling could be improved, particularly in the design choices and the honesty of the labelling and the included labelling. For example, low in fat or good for you or healthy.

**[Teacher]** So what do you think they should do, remove that?

**[Student]**: They should have stricter guidelines surrounding those things, because some people can be easily deceived into thinking something could be healthy or something could be good for them, when it has some sort of other thing attached to it that might be really small, or it could be something that not many people would know about.

**[Teacher]** Have you got an example of that?

**[Student]:** For example, in a food labelling for strawberry yoghurt, it might say 50% less sugar, and then in a small asterisk, in some really hard to see place, in the smallest writing they're allowed to have, then they put then this other product and it might not even be much less sugar. It might still have a lot of sugar, but people can be misguided by that statement. And they might think that since it's 50% less sugar, then it must have very little sugar left.

**[Teacher]:** Thank you so much for your time.

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