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KS3 Food Technology

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[What a Food Label Is](#)

Each grilled burger (94g) contains

Energy 924kJ 220 kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 966kJ / 230kcal



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Educational excellence for our City

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