

## Training Package on Nutrition Labelling and Reduction of Salt and Sugar in Food 2017 Evaluation Form

Thank you for reviewing and/or using the Training Package on Nutrition Labelling 2017. Grateful if you can give us your valuable feedback so that we can evaluate and improve it. Completed evaluation form can be posted or faxed to us. Our postal address is Risk Communication Section, 3/F, 4 Hospital Road, Sai Ying Pun, Hong Kong, and our fax number is 2803 0534.

Please put a "✓" in the boxes as appropriate

<b>1. Please indicate your workplace:</b> <input type="checkbox"/> Nursery/Kindergarten <input type="checkbox"/> Primary School <input type="checkbox"/> Secondary School <input type="checkbox"/> Tertiary Institution or above <input type="checkbox"/> Community Organisation _____ <input type="checkbox"/> Others _____
<b>2. Please indicate the target you are serving:</b> <input type="checkbox"/> Student <input type="checkbox"/> Teenager <input type="checkbox"/> Elderly <input type="checkbox"/> Others _____
<b>3. Please indicate the core subject you are teaching (If not applicable, please skip this question):</b> <input type="checkbox"/> Liberal Studies <input type="checkbox"/> Home Economics <input type="checkbox"/> Technology and Living <input type="checkbox"/> Others _____
<b>4. The place where I get the Training Package:</b> <input type="checkbox"/> Workshop <input type="checkbox"/> School <input type="checkbox"/> Others _____
<b>5. I have used the Training Package to find out more about nutrition labelling.</b> <input type="checkbox"/> Yes <input type="checkbox"/> No (Reason: _____)
<b>6. I have used the Training Package to find out more about reduction of salt and sugar in food.</b> <input type="checkbox"/> Yes <input type="checkbox"/> No (Reason: _____)
<b>7. I have used the Training Package to teach others about nutrition labelling.</b> <input type="checkbox"/> Yes (Please specify the audience : _____) <input type="checkbox"/> No (Reason: _____)
<b>8. I have used the Training Package to teach others about reduction of salt and sugar in food.</b> <input type="checkbox"/> Yes (Please specify the audience : _____) <input type="checkbox"/> No (Reason: _____)

**9. Please give us your comments on individual parts of the Training Package (if the answers for both Q.5, Q.6, Q.7 and Q.8 are “No”, then please skip this question):**

	I have used this part(s) (please put a “✓” in the boxes as appropriate)	Please provide a score according to the usefulness of the individual part (5 as the highest mark; 1 as the lowest mark)
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**Proposed Training Plan**

● Key learning point 1	Get to know nutrition label and its functions		
	Understand the “1+7” information on nutrition label		
	Introduce the location of reference amount on nutrition label		
● Key learning point 2	Get to know energy value of food		
	Get to know energy requirement and weight control		
● Key learning point 3	Learn about the functions of energy and 7 nutrients		
	Understand the health effects on excessive intake of fat, sugar and sodium		
	Get to know the daily intake upper limits of fat, sugars and sodium		
● Key learning point 4	Get to know the reference amount on nutrition label		
	Learn how to calculate nutrient intake		
	Make use of “3-Step Guide to Use Nutrition Label” to see if food is suitable for ourselves		
● Key learning point 5	Compare nutrition labels to choose food products with less fats, sugars and sodium		
	If reference amounts are the same, compare nutrient content directly. If different, do the conversion before comparison		
	Get to know nutrition claims		
● Key learning point 6	Get to know sugar in food and free sugars		
	Learn about the health impact of excessive intake of sugar		
	Get to know the daily intake limit of sugar		

		I have used this part(s) (please put a “✓” in the boxes as appropriate)	Please provide a score according to the usefulness of the individual part (5 as the highest mark; 1 as the lowest mark)
● Key learning point 7	Get to know sodium (salt) in food		
	Learn about the health impact of excessive intake of sodium		
	Get to know the daily intake limit of sodium		
● Key learning point 8	Public health burden due to excessive intake of salt and sugar (discussion by senior secondary students)		
	Discuss and understand how to reduce salt and sugar in daily life (discussion by junior secondary students)		

### Training Videos

● Module 1	What is Nutrition Label?		
● Module 2	Read Nutrition Label-Start with Fat, Sugars and Sodium		
● Module 3	3-step Guide to use Nutrition Label – Noodles and Fat		
● Module 4	3-step Guide to use Nutrition – Drinks and Sugars		
● Module 5	3-step Guide to use Nutrition – Biscuits and Sodium		
● Module 6	Compare the Nutrition Labels		

### Training Props

### Worksheet

### Publicity/Resource materials (Please specify)

### 10. Please indicate the level of your agreement with the following statements: (5=totally agree, 1=totally disagree)

● The Training Package helps users comprehend the functions of nutrition labels	
● The Training Package helps users acquire the skills of using nutrition labels	
● The Training Package increases users’ awareness of comprehending nutrient compositions in foods and help develop the habit of reading nutrition labels	

