

# Supermarket Search

## Looking for the healthy option

---

Your groups mission is to find the healthiest, cost-effective option for four of the following kai categories: Your kai categories are:

---

---

---

---

### 1. Rice crackers

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 2. Wheat crackers

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 3. Bread

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 4. Muesli bar

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 5. Cheese

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 6. Potato Chips

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

## 7. Corn chips

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

## 8. Breakfast muesli

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

## 9. Yoghurt

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

## 10. Breakfast cereal

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 11. Chocolate biscuits

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 12. Non chocolate biscuits

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 13. Canned tomatoes

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

### 14. Oil

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

**15. Margarine**

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Sugar	grams per 100g	grams per 100g
Fibre	grams per 100g	grams per 100g
Salt	Milligrams (mg) per 100g	Milligrams (mg) per 100g
Price		

**16. Milk**

	Best option	Least favourable option
Product name & details		
Product weight		
Fat	grams per 100g	grams per 100g
Calcium	grams per 100g	grams per 100g
Protein	grams per 100g	grams per 100g
Price		