

DOES ULTRA-PROCESSED FOOD NEED MORE WARNINGS ON IT?



Off the back of Joe Wicks’ conversation-sparking documentary, License to Kill, we asked our voters to consider what exactly is in the food we eat and who should be helping us decode the endless ingredients lists. The lessons delved into the meaning of ultra-processed and how it differs to processed foods, and the reasons why ultra-processing can be a convenient option for food companies. They weighed the positives and negatives, whilst exploring how different countries have tried to navigate food awareness. For example, they looked at Chile, where products high in ingredients such as sugar or salt are given a black label. They discussed the topic with their peers before deciding, “Does ultra-processed food need more warnings on it?”

Melanie
Data Manager 

43,851

TOTAL VOTES

8,599

VOTES AGE 5-11

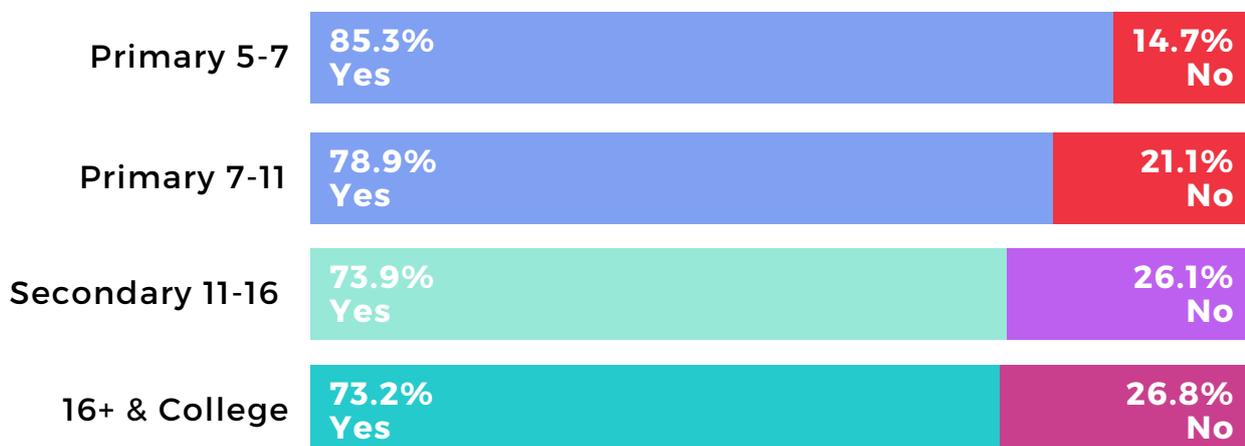
35,252

VOTES AGE 11-16+

The VoteTopic questions, discussed amongst the different age groups were:

Primary 5-7: “Should we learn more about what is in our food?”

Primary 7-11, Secondary 11-16, 16+ & College: “Does ultra-processed food need more warnings on it?”





DOES ULTRA-PROCESSED FOOD NEED MORE WARNINGS ON IT?

The majority of young people were in favour of having additional warnings on ultra-processed food, with many stressing the equal importance of prioritising education and awareness. Many said that food companies have a responsibility to ensure their customers can easily see an item's ingredients and nutritional value.

Some thought labels weren't a sufficient enough resolution, and believed that UPF should be more heavily monitored or banned altogether. Others disagreed with this, arguing that ultra-processed food is more accessible for those on a budget, as the price of fresh produce can be much higher.

Amongst those who voted No, many said that labels wouldn't change people's behaviours and those who currently eat a heavy UPF diet would continue to do so. However, even many No voters argued that education around what UPF is, and its potential harms, should be improved. There was a mixed response over the clarity of food packaging, and whether it is easy for consumers to determine a food's nutritional value. Some thought the traffic light system worked well enough, whereas others thought that ingredients lists could cause headaches for even the most health-conscious shoppers.

Companies should add more detailed labels and schools should provide better education on how to eat healthily. Labels should be more honest and use language that everyone understands.

The traffic light system is pretty clear to understand and if people want to eat UPFs then they will and there is no way of stopping them.

There should be a clear distinction between processed and ultra processed food and we need more warning labels so that we are aware of what we put in our body.

People should be more educated on the risks but it doesn't need to be on the packaging. People don't understand what the ingredients are on the packaging when they are ultra processed.

Please contact info@votesforschools.com to find out more about the data relating to this VoteTopic.