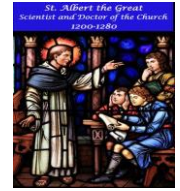


## Food Ingredients



- ☞ Some of the healthiest foods do not come with food labels, like an apple.
- ☞ Foods in packages, **must** list the ingredients. Reading the ingredients is the number one way to know what is in your food.
- ☞ Product ingredients are listed by quantity — from highest to lowest amount. This means that the first ingredient is what the manufacturer used the most of.
- ☞ A good rule of thumb is to scan the first three ingredients, as they make up the largest part of what you're eating.

Please watch this interesting video on food preservatives. <https://safeYouTube.net/w/81GF> (4:52min)

Review what we have learned in this Nutrition Unit: <https://www.youtube.com/watch?v=MrdCBqFYDyo> (6:40min)

### *Here's the Challenge!*



- Take out a piece of paper and write down what you find.
- Input your data into google forms and hit submit.

Here is the FORM when you are ready: <https://forms.gle/ECi1TGift3d2PnSA6>

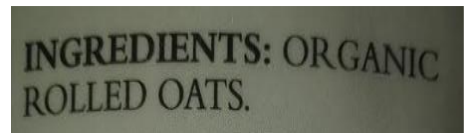
*Remember:* Real food (unprocessed) will always be healthier than processed food.  
Processed foods usually come in packages. Let's take a look at how to find healthier packaged foods.

#### Challenge #1

Packaged foods with fewer ingredients are usually healthier.  
Try to find 2 food labels that have 5 ingredients or less.

*If you can find more than 2, send them to me!*

1. \_\_\_\_\_ 2. \_\_\_\_\_



#### Challenge #2

Packaged foods with ingredients that you **understand** are probably healthier for you.  
Try to find 2 foods made with ingredients that you understand.

*Must be different than above. If you can find more than 2, send them to me!*

1. \_\_\_\_\_ 2. \_\_\_\_\_

