

Food additives

Worksheet 1

1. What is your favourite food? What is your guilty pleasure? What cuisine do you like ?
2. What nutrients do we get from our food? Look at the chart and try to complete the information:

Group	What are they...	Found in..	Important because..
Fats			
Carbohydrates			
Protein			
Fiber			
Minerals			
Vitamins			

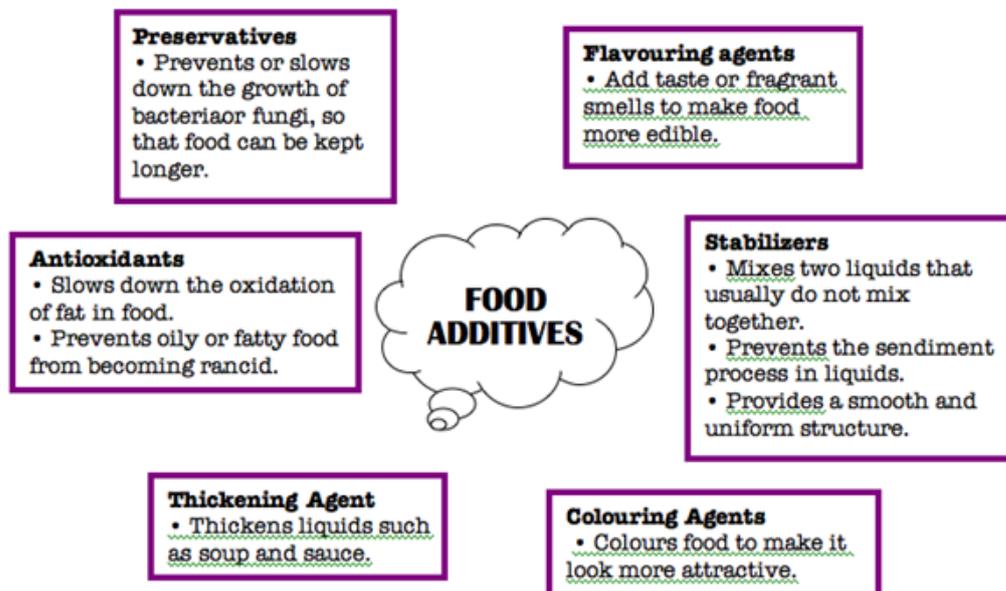
<http://www.becomehealthynow.com/category/foodbasics/>

<http://healthyeating.sfgate.com/reasons-carbohydrates-proteins-fats-vitamins-minerals-necessary-good-nutrition-3170.html>

<http://www.healthpages.org/basics-healthy-eating/need-food/>

http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/0_performance_nutrition_rev1.shtml

3. Unfortunately, apart from nutrients which are really healthy and good for our bodies, we also ingest additives like colourings and preservatives. Can you think of the reasons they are they added to our food?



Read more about food additives here:

<http://my-chem-assignment.blogspot.com/2011/12/food-additives.html>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Food_additives

<http://foodmatters.tv/articles-1/top-10-food-additives-to-avoid>

What are the side effects of additives? How do they influence children ?

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4. Have a look for any wrappers, packaging you might have from the things you have eaten today. Look at the ingredient list and try to identify the additives. What do you think?
5. We should avoid processed food and try to eat simple, fresh and locally grown produce. Have you heard a term superfoods? Find out what they are here:

<http://www.webmd.com/food-recipes/features/10-everyday-super-foods?page=2>

http://www.eatingwell.com/nutrition_health/nutrition_news_information/10_everyday_superfoods

