

Name: _____

CHECK IT OUT !

Do you ever stop and read the labels on food items you buy? A lot of people have allergies and they can't eat certain ingredients like artificial colours or preservatives, which are put into processed foods. All items you buy are labeled with a list of ingredients. It is a good practice to read the label when you buy something. It will give you an idea if the item is healthy, all right or totally bad for you. Generally you will know what is healthy and what is not but sometimes when you buy a drink you can't tell until you read the ingredients on the label. Orange juice might be 100% or it may only be 5% real orange juice. You can also learn what certain products are made from. Vanilla custard powder for instance is made from wheat, cornflour, vanilla, flavour and colour.

Task 1.

Write down 10 food items that are readily available in your local supermarket.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Task 4.

Design your own food label.

Design your very own food label complete with a list of ingredients.

Task 2.

Find the above food items in your kitchen at home or in the supermarket and write down on a separate piece of paper the ingredients listed on their labels. Write also if they contain artificial colours, flavours or preservatives.

Task 3.

After you have checked out all your items and listed their ingredients write down on your separate piece of paper if they are good or bad for you and tell why.