Name:

Date:

School:

Facilitator:

4.03 Additives

Total Points: 53

**Complete both parts of this assignment.**

# Part 1: Exploring Common Additives

**Fill in the chart to identify the uses, benefits, and risks of common food additives. Use the Food Ingredients & Colors brochure from the FDA linked on the Task page to get started. However, you should also perform additional research on your own to see if there are any known risks for each additive.**

| **Additive** | **Foods Most Used In** | **Benefits** | **Risks** |
| --- | --- | --- | --- |
| 1. **Monosodium Glutamate (MSG)** |  |  |  |
| 1. **Sodium Nitrate** |  |  |  |
| 1. **High Fructose Corn Syrup** |  |  |  |
| 1. **Carrageenan** |  |  |  |
| 1. **Artificial Coloring** |  |  |  |

# Part 2: What’s Inside?

**Choose a packaged food with a lot of food additives. Research each additive to find out why it is added to this food. You can refer to Food Ingredients & Colors brochure from the FDA linked on the Task page; the information on page 2 will help you get some ideas of what each type of additive does. However, some independent searching will be necessary.**

**Complete the packaged food chart below to tell the name of the additives in your packaged food and identify whether they are direct or indirect. For each one, you should also write a sentence or two telling why the manufacturer uses that additive. You can add more rows to the chart if there are more additives in the food than spaces provided.**

**Lastly, add a picture of the food, and write a one paragraph response to the question at the end of this section.**

|  |  |
| --- | --- |
| **Exact Name and Brand of the Packaged Food:** | |
| **Additive:** | **Direct or Indirect?** |
| **Why is it here? What’s the purpose?** |
| **Additive:** | **Direct or Indirect?** |
| **Why is it here? What’s the purpose?** |
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| **Why is it here? What’s the purpose?** |

1. What does food look like? Add a photo of it below.

1. Write a brief paragraph (3-5 sentences) about how looking into the food additives influenced your thoughts about consuming this specific food.