**Global Ed. 12**

**Food Additives – Do You Know What You are Eating?**

**Following article: Food Addtives: What’s in Your Kid’s Lunch Box? By Sofia Layarda, MPH, RD of HealthCastle.com**

Assignment

In a written report with citations (provide a bibliography) please answer the following questions/prompts. Point form reports will not be accepted. Read the article in detail.

Make a chart and list everything that you ingested over the last 48 hours including food and drinks (gum too!). (Include this in your report).

1. Circle those things that you ate that were in their natural form (for example fruit, vegetables) or that you made yourself from fresh ingredients (nothing from a package).
2. Describe one way that you could avoid eating food additives.
3. Explain some of the reasons why people choose to eat processed food instead of making their own.
4. Choose one food additive that you have eaten. Research this food additive and explain:
5. the full chemical name
6. what it is made of
7. in what foods is the additive found
8. what “real” or “natural” food it replaces
9. what reason this additive is included in the food you ate
10. if the food additive has any negative health effects on your body
11. Why do you think food companies still use many of the food additives in the article even though they may cause health risks?
12. Make a personal recommendation on how to avoid this food additive.