Food Additives Project

## Preparation

1. Obtain information via the internet or actual labels for the same food product, but made by two different companies.

* Peter Pan “Smooth” Peanut Butter vs. Jiff “Smooth” Peanut Butter

1. The labels must contain all of the following:
2. a list of ingredients
3. “Nutritional Information”
4. at least ten ingredients
5. Buy the product and obtain the labels OR copy the information for “Ingredients” and “Nutritional Information”
6. The following food products are good examples to use:

## Cereals Candy bars

Junk foods (snacks, cookies, popcorn) Margarines

## Mixes (cakes, brownies, casseroles, stuffings, etc.) Imitation products

Salad dressings Many canned goods

2. Do **NOT** use products with less than TEN ingredients listed on the label:

frozen vegetables “natural” food products

unpackaged foods dairy products

soda pop alcoholic drinks

## Comparing the Ingredients on the Labels

1. You will compare the ingredients of your two labels:
2. Complete the worksheet for this project (pages 3-4).
3. Write your name, the date, class, etc. in the appropriate spaces provided.
4. Write down the name of the labels you obtained.
5. In the “ingredient” column, copy all the ingredients from the two labels. Many of the ingredients should be the same. Only copy the same ingredient once.
6. Place a check in the “Products” columns if the product contains that ingredient.

##### Take a picture of the actual labels and insert the image into the project

## Comparing the Nutritional Information on the Labels

1. Fill out page 4 of the worksheet using the same two food products that you used for the ingredients.
2. Record the information from your food products as shown on the worksheet. The worksheet will correspond closely to your label information.
3. Be sure to include units for each item.
4. An asterisk (\*) on your food label usually indicates “Less than 2 percent of the US RDA” for those items. Write “<2% US RDA” whenever that occurs.
5. Should there be optional listings (cholesterol, saturated and/or unsaturated fats, sodium, etc.) on your food label, add those to the chart.
6. Use your product names as the headings for the two columns.

## Cost Comparison

## At the bottom of the chart, fill in the appropriate cost information (as shown) and calculate the cost comparison of your two food products as follows:

1. unit cost = total cost / net weight
2. Be sure to include units in your answers

## Write a short paragraph on the bottom of page 3 of the worksheet or on a separate sheet of lined paper:

## Name the product that you prefer to buy and eat.

## Explain why you chose the product you did.

## Has this project helped you to be a smarter/healthier consumer? If so, explain why?

## GRADING RUBRIC (40 points)

## 10 points Actual Food Labels (Ingredients, Nutritional Information)

## 10 points Ingredient Comparison

## 10 points Nutritional Information Comparison

## 5 points Cost Comparison

## 5 points Summary StatementName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Calculations and Data Sheet

## Date \_\_\_\_\_\_\_\_\_ Hour \_\_\_\_\_\_\_\_\_\_

## Comparing the Ingredients on the Labels

## LABEL #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## LABEL #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Ingredient List** | **First Product** | **Second Product** |
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**Summary Paragraph**Comparing the Nutritional Information on the Labels

|  |  |  |
| --- | --- | --- |
| **Nutritional Information** | **First Product** | **Second Product** |
| Serving size |  |  |
| Servings per container |  |  |
| Calories |  |  |
| Protein |  |  |
| Carbohydrate |  |  |
| Fat |  |  |
|  | | |
| *Percentage of US Recommended Daily Allowances (US RDA)* | | |
| Protein |  |  |
| Thiamin |  |  |
| Niacin |  |  |
| Vitamin A |  |  |
| Vitamin C |  |  |
| Riboflavin |  |  |
| Calcium |  |  |
| Iron |  |  |
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Cost Comparison

###### **Product #1**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Net Weight: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cost: $\_\_\_\_\_\_\_\_\_\_\_\_

Unit Cost: Total Cost / Weight = $ \_\_\_\_\_\_\_\_\_\_ per \_\_\_\_\_\_\_\_\_ (*unit*)

###### **Product #2**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Net Weight: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cost: $\_\_\_\_\_\_\_\_\_\_\_\_

Unit Cost: Total Cost / Weight = $ \_\_\_\_\_\_\_\_\_\_ per \_\_\_\_\_\_\_\_\_ (*unit*)