

Section 9-1

Enrich**Consumer Skills: Food Additives**

On every can, box, bag, and container of food in your grocery store, you can find a food label that lists all the ingredients in the food. Many of the ingredients are familiar ones that you would expect to find in a particular food. Other ingredients, however, may be unfamiliar or surprising to you. Some of these unfamiliar ingredients may be food additives—ingredients added to a food during processing to improve its appearance, taste, shelf-life, nutritional value, or some other quality.

To investigate which food additives are found in the foods you eat, collect in ten food labels from a variety of foods. Be sure to include foods such as canned soups, snack foods, beverages, prepared meals, frozen foods, and other things you commonly eat. You and your classmates will use the labels to identify the various additives in different foods. Then you will do research to learn more about why those particular substances are added to foods.

For the additives listed in the chart below, fill in the missing information based on what you learned from your research. Then, in the blank rows, write the names of three other additives from the labels you gathered. Do research about those additives to complete the chart.

Additive	Function	Used in
1. coloring agents		soft drinks, cake mixes, cereals, cheese, margarine
2. sodium benzoate	preservative	
3. calcium propionate	preservative, mold inhibitor	
4. sodium chloride		
5. sucrose	enhances flavor	
6. aspartame		diet sodas, chewing gum, diet foods
7. gelatin		
8.		
9.		
10.		