

Name _____

Nutrients Scavenger Hunt

Part 1. Photos of Food Ingredients

1. Open this document in **Notability**.
2. Collect several food items from your refrigerator, freezer, and pantry as described in the chart below. You may include snacks and candy if necessary.
3. Then take a picture with your iPad/ phone.
4. Upload the picture into the appropriate box in the table.

Photo of ONE Food Label Close Up:

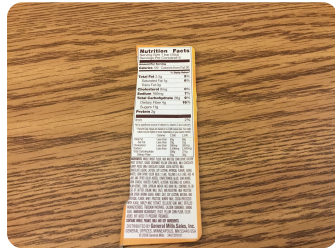


Photo 1: Up to 5 food items that contain High Fructose Corn Syrup listed in the ingredients



Photo 2: Up to 5 food items that do NOT contain High Fructose Corn Syrup in the ingredients



Photo 3: Up to 5 food items that contain Artificial Dyes, such as Red 40, Yellow 5, Blue 2... listed in the ingredients



Photo 4: Up to 5 food items that would NOT contain artificial dyes in the ingredients



Part 2. Analysis Questions:

Answer the analysis questions below and on page 2.

“Share” with the teacher through google docs or email a copy when you are done.

They are both things which you wont find in the fridge. Number 2 are more healthy than number1

1. Compare the items in Photos 1 & 2. How do they compare? Anything similar? What's different?

2. Compare items in Photos 3 & 4. How do they compare? Anything similar? What's different?

4 are much more healthy. They are both foods you can eat when ever.

3. Compare items in Photos 1 & 3. How do they compare? Anything similar? What's different?

They are both unhealthy, 1 is more flat object while three is things you would add on

4. Compare items in Photos 2 & 4. How do they compare? Anything similar? What's different?

Understanding food additives:

4 more healthy while they are both things you eat on the go

What is high fructose corn syrup?

Do sources online suggest it's good or bad for you?

What news source did you use?

Read this article: [Scientific American](#). Where do artificial dyes come from?