

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:

| | |
|---|---|
| <p>Photo 1: Up to 5 food items that contain High Fructose Corn Syrup listed in the ingredients</p> | <p>Photo 2: Up to 5 food items that do NOT contain High Fructose Corn Syrup in the ingredients</p> |
| <p>Photo 3: Up to 5 food items that contain Artificial Dyes, such as Red 40, Yellow 5, Blue 2... listed in the ingredients</p> | <p>Photo 4: Up to 5 food items that would NOT contain artificial dyes in the ingredients</p> |

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.

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?
3. Compare items in Photos 1 & 3. How do they compare? Anything similar? What’s different?
4. Compare items in Photos 2 & 4. How do they compare? Anything similar? What’s different?

Understanding food additives:

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?