

LESSON 2.5: Food Additives

Answer all the questions in complete sentences. The answers are found in the lesson & on the Internet.

Give 2 – 3 reasons for your answer for question 1 to 4.

1. Before a food additive is used, what must a manufacturer do?

2. Why is it important to be informed about food additives?

3. Why does Canada set rules for fortification?

4. Why does the statement “No sugar added” cause confusion?

5. Write a descriptive & factual paragraph of 6 to 10 sentences to explain your reasons for or against using additives in food. Consider both the health benefits from some additives; as well as, the harmful effects of some additives on our bodies.

6. Which food products do you eat on a regular basis that have additives in them? For example, they could be processed snack foods, instant noodles, or even breakfast cereal. List the different food products with food additives in them & explain whether you think they might be affecting your health.