**5-Digit ID:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Period:** \_\_\_\_\_\_\_\_\_\_

Investigating Food Packaging

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

Use a food product *provided in class*, your notes and any additional resources to complete the questions

below. Product #1 will be your first investigation, scored for *completion* only. Include units when applicable.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ What is the **serving size**? (serving size in grams not needed *unless* it is the only unit provided)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many **servings** does the container provide?
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many **calories** would you consume if you had TWO servings?
4. \_\_\_\_\_\_\_\_\_\_\_\_\_ What is the **percent daily value** for *sodium* in ONE serving?

This value would be considered: □ High (20+%) □ Moderate (6-19%) □ Low (0-5%)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many grams of **complex carbohydrates** does ONE serving have? (If <1g, count as 1g)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ Based on #5, what percent of the total carbohydrates are *complex carbohydrates*?

Is this meeting the 50+% recommendation? □ Yes □ No

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many calories do **added sugars** account for in ONE serving? (<200C/day recommended)

Sugars listed—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. □ Yes □ No Are there **trans-fats** in your product?

How can you tell? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ What **percent** of the total **calories** come **from fat** in ONE serving? (Recall 1g of fat = 9C)

Is this meeting the 30% or fewer recommendation? □ Yes □ No

1. In the **ingredients list**, identify what *could* be food additives in the product by purpose. (Research if needed)

Nutrient Value—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Texture—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Color/Flavor—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preservatives—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Control pH/Acidity—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. □ Yes □ No Are there likely **GMO’s** in your food product? (Research if you’re not sure)

How can you tell? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. □ Yes □ No Does your product identify possible **allergens**? If so, list those ingredients below.

(Identified allergens are typically located at the end of the ingredients list and bolded/italicized)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What **health claims** and/or other **forms of labeling** does your product use on its packaging to influence consumers to purchase it, if any? (Refer to your notes for examples of claims and labels)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What **food group(s)** would this product most likely fall under? (Consider the information above; check all that apply)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| [ ]  Grains/CHO (see #6) | [ ]  Vegetables | [ ]  Fruits (not flavors) | [ ]  Meats/Beans | [ ]  Dairy Products (not flavors) | [ ]  Fats/Sugars/Processed (see #4, 6, 9 & 10) |

1. Complete the table below to compare and contrast the benefits and drawbacks of the food product to come to a verdict. (Consider calories and where they’re coming from, fat/sugar/sodium content in a serving, processing, number of ingredients, natural vs. artificial, GMO’s, locally produced/manufactured, personal satisfaction, etc. in your analysis)

|  |  |
| --- | --- |
| **Benefits/Values/Pros** | **Drawbacks/Potential Risks/Cons** |
|  |  |
|  |  |
|  |  |
| **Your Verdict:** | [ ]  “Nutritious Choice” [ ]  “Questionable Choice” [ ]  “Poor Choice” |

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

Using a different food product *from class*, complete the questions below. Product #2 will be your second investigation and scored for *accuracy*. Include units where applicable.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ What is the **serving size**? (serving size in grams not needed *unless* it is the only unit provided)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many **servings** does the container provide?
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many **calories** would you consume if you had TWO servings?
4. \_\_\_\_\_\_\_\_\_\_\_\_\_ What is the **percent daily value** for *sodium* in ONE serving?

This value would be considered: □ High (20+%) □ Moderate (6-19%) □ Low (0-5%)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many grams of **complex carbohydrates** does ONE serving have? (If <1g, count as 1g)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ Based on #5, what percent of the total carbohydrates are *complex carbohydrates*?

Is this meeting the 50+% recommendation? □ Yes □ No

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ How many calories do **added sugars** account for in ONE serving? (<200C/day recommended)

Sugars listed—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. □ Yes □ No Are there **trans-fats** in your product?

How can you tell? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ What **percent** of the total **calories** come **from fat** in ONE serving? (Recall 1g of fat = 9C)

Is this meeting the 30% or fewer recommendation? □ Yes □ No

1. In the **ingredients list**, identify what *could* be food additives in the product by purpose. (Research if needed)

Nutrient Value—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Texture—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Color/Flavor—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preservatives—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Control pH/Acidity—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. □ Yes □ No Are there likely **GMO’s** in your food product? (Research if you’re not sure)

How can you tell? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. □ Yes □ No Does your product identify possible **allergens**? If so, list those ingredients below.

(Identified allergens are typically located at the end of the ingredients list and bolded/italicized)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What **health claims** and/or other **forms of labeling** does your product use on its packaging to influence consumers to purchase it, if any? (Refer to your notes for examples of claims and labels)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What **food group(s)** would this product most likely fall under? (Consider the information above; check all that apply)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| [ ]  Grains/CHO (see #6) | [ ]  Vegetables | [ ]  Fruits (not flavors) | [ ]  Meats/Beans | [ ]  Dairy Products (not flavors) | [ ]  Fats/Sugars/Processed (see #4, 6, 9 & 10) |

1. Complete the table below to compare and contrast the benefits and drawbacks of the food product to come to a verdict. (Consider calories and where they’re coming from, fat/sugar/sodium content in a serving, processing, number of ingredients, natural vs. artificial, GMO’s, locally produced/manufactured, personal satisfaction, etc. in your analysis)

|  |  |
| --- | --- |
| **Benefits/Values/Pros** | **Drawbacks/Potential Risks/Cons** |
|  |  |
|  |  |
|  |  |
| **Your Verdict:** | [ ]  “Nutritious Choice” [ ]  “Questionable Choice” [ ]  “Poor Choice” |

