

5-Di	git ID:
	Period:

Investigating Food Packaging

500	otal Fat Og % Dally V	26%	vestigating rood rackaging	
gars.	Carb, less than		#1:	
	e a food prod	uct provided in class, your notes and	d any additional resources to complete the questions red 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 conta	iner provide?	
3.		How many calories would you cons	sume if you had TWO servings?	
4.		What is the percent daily value for s	odium in ONE serving?	
		This value would be considered:	□ High (20+%) □ Moderate (6-19%) □ Low (0-5%)	
5.		How many grams of complex carbo	Dhydrates does ONE serving have? (If <1g, count as 1g)	
6.		Based on #5, what percent of the t Is this meeting the 50+% recommended	otal carbohydrates are complex carbohydrates? ation? Yes No	
7.		How many calories do added suga	rs account for in ONE serving? (<200C/day recommended)	
		Sugars listed—		
8.	\square Yes \square No	Are there trans-fats in your product		
		How can you tell?		
9.		What percent of the total calories of	come from fat in ONE serving? (Recall 1g of fat = 9C)	
		Is this meeting the 30% or fewer recor	nmendation? 🗆 Yes 🗆 No	
10.	In the ingredi	ents list, identify what could be food	additives in the product by purpose. (Research if needed)	
Nutrient Value—				
	Texture—			
	Color/Flavor—_			
	Preservatives—	·		
	Control pH/Aci	dity—		
11.	\square Yes \square No	Are there likely GMO's in your food	oroduct? (Research if you're not sure)	
		How can you tell?		
12.	☐ Yes ☐ No	, ,	allergens? If so, list those ingredients below. the end of the ingredients list and bolded/italicized)	
13.		claims and/or other forms of labeling purchase it, if any? (Refer to your note:	does your product use on its packaging to influence for examples of claims and labels)	
14.	What food gro		fall under? (Consider the information above; check all that apply) Meats/Beans	
15.	come to a ve	rdict. (Consider calories and where they're	rast the benefits and drawbacks of the food product to coming from, fat/sugar/sodium content in a serving, processing, duced/manufactured, personal satisfaction, etc. in your analysis)	
		Benefits/Values/Pros	Drawbacks/Potential Risks/Cons	
	•		•	

Benefits/Values/Pros		Drawbacks/Potential Risks/Cons	
Your Verdict:	☐ "Nutritious Choice"	☐ "Questionable Choice"	☐ "Poor Choice"

investigation and scored for accuracy. Include units where applicable. What is the serving size? (serving size in grams not needed unless it is the only unit process.)		Product #2:			
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 many grams of complex carbohydrates does ONE serving have? (If <1g, count 6. Based on #5, what percent of the total carbohydrates are complex carbohydrates is this meeting the 50+% recommendation? Yes No 7. How many calories do added sugars account for in ONE serving? (<200C/day recomm Sugars listed— 8. Yes No Are there trans-fats in your product? How can you tell? 9. What percent of the total calories come from fat in ONE serving? (Recall tg of fat = 9C) is this meeting the 30% or fewer recommendation? Yes No 10. In the ingredients list, identify what could be food additives in the product by purpose, (Research if Nutrient Value— Texture— Color/Flavor— Preservatives— Control pH/Acidity— 11. Yes No Are there likely GMO's in your food product? (Research if you're not sure) How can you tell? 12. 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/fialicized) 13. What health claims and/or other forms of labeling does your product use on its packaging to inflic consumers to purchase it, if any? (Refer to your notes for examples of claims and labels) 14. What food group(s) would this product most likely fall under? (Consider the information above; check all the least of a verdict. (Consider colories and where they're coming from, laftsyagr/sydium content in a serving, in your produced manufactured, personal satisfactors, in your on under of ingredients, includes, of the food procome to a verdict. (Consider colories and where they're coming from, laftsyagr/sydium content in a serving, in your produced manufactured, personal satisfactor, in your on under of ingredients, national satisfactors.		ing a different food product from class, complete the questions below. Product #2 will be your second restigation and scored for accuracy. Include units where applicable.			
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Is this meeting the 50+% recommendation? Yes					
Sugars listed— 8.		Is this meeting the 50+% recommendation? \square Yes \square No			
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Nutrient Value—		Is this meeting the 30% or fewer recommendation? \square Yes \square No			
Texture— Color/Flavor— Preservatives— Control pH/Acidity— 11.	10.	In the ingredients list , identify what could be food additives in the product by purpose. (Research if needed)			
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Tour Verdict: Li "Nutritious Choice" Li "Questionable Choice" Li "Poor Choi		Your Verdict: "Nutritious Choice" "Questionable Choice" "Poor Choice"			