



## Activity Station: Ingredient Investigation

### Activity Description

Students will review the ingredient lists on common packaged foods while learning about the various names of sugar and salt found in foods.

### Key Messages

- Nutrition information is found in three different places on food labels: ingredient list, nutrition claims, and Nutrition Facts table.
- Ingredients are listed in order by weight from highest to lowest.
- Sodium and sugar can be listed under many different names in the ingredients list.
- Prepare meals and snacks from fresh, frozen, or pre-packed foods that have little or no added fat, sugar, salt, or additives.

### Materials

- **Student Pre-work: (Optional)** Students may bring in their own food labels or the teacher may use the food labels provided (see set-up for more information).
- Station Title and Instructions (print x 1)
- Ingredient Investigation Fact Sheet (print x 1)
- Worksheet: Ingredient Investigation (print x 1 per student)
- Printable Appendix: Food labels print and laminate if possible, display in no particular order.
- Answer Key
- Dry erase markers red and blue, rag (for wiping off labels)

### Set-Up

- Place station title, instructions, ingredient investigation fact sheet, worksheets posters, and laminated ingredient lists at station. Decide if students will compare their answers to the answer key at the station (place the answer key in a folder or display upside down) or if you will discuss the answers as a class.
- Teachers can choose to use the ingredient lists provided or can ask students to bring in food labels. You may want to laminate these labels.
- If using the labels brought in by the students (**pre-work**), you will need to photocopy the ingredient lists and then make an answer key for each ingredient list. In the answer key, circle salt in red and sugar in blue.
- Examples of ingredient lists students may bring include: chips, pretzels, fast food packages, candy wrappers, granola bars, and ready-made lunch foods such as mini pizzas, soup cups, frozen dinners, or pre-made store bought sandwiches. They may also bring pictures of nutritional information from company websites.

- Students will fill out their worksheet at the station.

## Answer Key for Worksheet

*Health Canada is improving food labels. The labels in this module reflect products in the marketplace as of August 2019.*

**Sugar** is highlighted in **blue**.

**Sodium** is highlighted in **red**.

Buttery Microwave Popcorn	100% WHOLE GRAIN POPPING CORN, PALM OIL (CONTAINS TBHQ, CITRIC ACID), <b>SALT</b> , POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL BUTTER FLAVOUR, BUTTER, COLOUR (ANNATTO, TURMERIC, PAPRIKA). CONTAINS MILK.
Chicken Nuggets	BONELESS SKINLESS CHICKEN BREAST MEAT, WATER, 100% VEGETABLE OIL (CANOLA OIL, CORN OIL, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL [TBHQ], CITRIC ACID, DIMETHYLPOLYSILOXANE), WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED CORN STARCH, RICE STARCH, <b>SALT</b> , <b>BAKING POWDER</b> , SEASONING (WHEAT STARCH, YEAST EXTRACT, <b>SALT</b> , NATURAL FLAVOUR, SAFFLOWER OIL, <b>DEXTROSE</b> , CITRIC ACID, ROSEMARY), SPICES, CANOLA OIL, <b>SODIUM ALUMINUM PHOSPHATE</b> , <b>DEXTROSE</b> , WHEAT STARCH, CORN STARCH CONTAINS WHEAT.
Chocolate Chip Granola Bar	GRANOLA (ROLLED OATS, ROLLED WHOLE WHEAT, <b>BROWN SUGAR</b> , BARLEY FLAKES, SUNFLOWER OIL, INULIN, <b>HONEY</b> , NATURAL FLAVOUR, MODIFIED MILK INGREDIENTS), <b>GLUCOSE</b> , CHOCOLATE CHIPS ( <b>SUGAR</b> , CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, <b>SALT</b> , VANILLIN), WHOLE GRAIN BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE FLOUR, <b>SUGAR</b> , BARLEY MALT, <b>SALT</b> , MIXED TOCOPHEROLS, GLYCERIN, SHORTENING (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS), <b>BROWN SUGAR</b> , SORBITOL, INULIN, <b>SALT</b> , NATURAL AND ARTIFICIAL FLAVOUR, SOY LECITHIN, BHT (PRESERVATIVE). CONTAINS OAT, WHEAT, BARLEY, MILK, AND SOY INGREDIENTS.
Glazed Cinnamon Bun	<b>CINNAMON ROLL:</b> ENRICHED WHEAT FLOUR, WATER, SHORTENING (PALM OIL, MODIFIED PALM OIL, WITH TBHQ AS PRESERVATIVE),



	<p>YEAST, CORN STARCH, <b>SUGAR</b>, CINNAMON, WHEY POWDER (MILK), WHEAT GLUTEN, LEAVENING (<b>SODIUM ACID PYROPHOSPHATE</b>, <b>SODIUM BICARBONATE</b>), SKIM MILK POWDER, EMULSIFIERS (MONO AND DIGLYCERIDES WITH BHT AND CITRIC ACID AS PRESERVATIVES, <b>SODIUM STEAROYL-2-LACTYLATE</b>, DIACETYL TARTARIC ACID ESTER OF MONO AND DIGLYCERIDES], POTATO FLOUR, <b>SALT</b>, CORN FLOUR, SOYBEAN FLOUR, <b>DEXTROSE</b>, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL, WITH TBHQ AS PRESERVATIVE), SILICON DIOXIDE (FREE FLOW AGENT), ASCORBIC ACID, ARTIFICIAL FLAVOUR, COLOUR (YELLOW #5 AND #6), L-CYSTEINE HYDROCHLORIDE, TRICALCIUM PHOSPHATE, GUAR GUM, ENZYMES (AMYLASE, XYLANASE, WHEAT FLOUR, <b>SALT</b>, DEXTRIN), SUNFLOWER OIL.</p> <p><b>GLAZE:</b>  <b>SUGAR</b>, WATER, GUAR GUM, MODIFIED POTATO STARCH, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID (PH CONTROL) AGAR, XANTHAN GUM.</p>
<p>Hot Hot Chicken Noodle Cup</p>	<p><b>NOODLE:</b>  ENRICHED WHEAT FLOUR, PALM OIL, MODIFIED STARCH, <b>SUGAR</b>, <b>SALT</b>, GUAR GUM, GARLIC POWDER.</p> <p><b>VEGETABLES:</b>  TEXTURED SOY PROTEIN, DEHYDRATED CABBAGE, DEHYDRATED GREEN ONION, DEHYDRATED CARROTS, FREEZE DRIED CORN, FREEZE DRIED PEAS.</p> <p><b>SOUP BASE:</b>  ARTIFICIAL CHICKEN FLAVOUR, <b>SALT</b>, <b>MONOSODIUM GLUTAMATE</b>, <b>SUGAR</b>, SOY SAUCE POWDER (SOYBEANS, <b>SALT</b>, WHEAT), YEAST EXTRACT POWDER (DRIED BREAD YEAST, WATER), <b>DISODIUM INOSINATE</b> AND <b>DISODIUM GUANYLATE</b>, PAPRIKA EXTRACT, WHITE PEPPER POWDER, DRIED LEEK, CARAMEL.  CONTAINS WHEAT, SOY.</p>
<p>Ready-Bake Frozen Pepperoni Pizza</p>	<p><b>CRUST:</b>  WHEAT FLOUR, WATER, EXTRA-VIRGIN OLIVE OIL, <b>SALT</b>, <b>SUGAR</b>, YEAST, MALTED BARLEY FLOUR).</p> <p><b>TOPPING:</b>  MOZZARELLA CHEESE (MILK, BACTERIAL CULTURES, <b>SALT</b>, MICROBIAL ENZYMES, CELLULOSE), SAUCE (WATER, TOMATO PASTE, BASIL, EXTRA-VIRGIN OLIVE OIL, GARLIC PURÉE, <b>SALT</b>, <b>SUGAR</b>, OREGANO, VINEGAR, THYME, SPICES, SOY OIL), PEPPERONI (PORK, <b>SALT</b>, SPICES,</p>

	[MUSTARD], <b>DEXTROSE</b> , LACTIC ACID STARTER CULTURE, FLAVOURS, <b>SODIUM ASCORBATE</b> , GARLIC POWDER, <b>SODIUM NITRITE</b> , PORK STOCK, CITRIC ACID), EXTRA-VIRGIN OLIVE OIL, DEHYDRATED PARSLEY. CONTAINS WHEAT.
The Original Potato Chips	SPECIALLY SELECTED POTATOES, VEGETABLE OIL, <b>SALT</b> .
Vegetable Beef Canned Soup	BEEF BROTH (WATER, BEEF STOCK), CARROTS, POTATOES, SEASONED BEEF, BARLEY, GREEN BEANS, FLAVOUR, CORN, PEAS, MODIFIED CORN STARCH, YEAST EXTRACT, <b>SUGAR</b> , <b>SALT</b> , <b>MONOSODIUM GLUTAMATE</b> , WHEAT FLOUR, ONION POWDER, HYDROLYZED PROTEIN (SOY, CORN, WHEAT), CAMEL, PARSLEY FLAKES, DEHYDRATED GARLIC.

1. In what order are ingredients listed?

Ingredients are listed in order of weight, beginning with the ingredient that weighs the most and ending with the ingredient that weighs the least. This means that a food contains *more* of the ingredients found at the beginning of the list, and *less* of the ingredients at the end of the list.

2. List all the names which mean sodium that you can find on the ingredient lists:

Examples: Salt, Baking Powder, Sodium Aluminum Phosphate, Sea Salt, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Sodium Stearoyl-2-Lactylate, Monosodium Glutamate, Disodium Inosinate, Disodium Guanylate, Sodium Ascorbate, Sodium Nitrite.

3. List all the names which mean sugar that you can find on the ingredient lists:

Examples: Dextrose, Brown Sugar, Honey, Glucose, Sugar.

Health Canada is improving food labels. The labels in this module reflect products in the marketplace as of August 2019. The improved label, when in place will group sugar-based ingredients in brackets, after the name 'Sugars.'

4. Without using the ingredient list, where else on a food package can you find nutrition information to help you make healthier choices?

The Nutrition Facts table provides information on the nutrient amounts in foods. It also helps you to compare products and make healthier food choices.

5. How do you tell if there is a little or a lot of a nutrient in a food?

The % Daily Value (DV) on the Nutrition Facts label can help you decide if there is a little or a lot of a nutrient in a food.

- Foods with 5 % or less % DV of a nutrient have **a little**.
- Foods with 15 % or more % DV of a nutrient have **a lot**.

## **Appendix: Ingredient Investigation –**

*Health Canada is improving food labels. The labels in this module reflect products in the marketplace as of August 2019.*

### **Sample Ingredient Lists**

9 Ingredient Lists Provided:

- Buttery Microwave Popcorn
- Chicken Nuggets
- Chocolate Chip Granola Bar
- Vegetable Beef Canned Soup
- Cinnamon Bun
- Hot Hot Chicken Instant Noodle Cup
- Ready-Bake Frozen Pepperoni Pizza
- The Original Potato Chips
- Granola Bar A and B

# Buttery Microwave Popcorn

<b>Nutrition Facts</b>			
Per 7.5 cups popped (50 g)			
<b>Amount</b>	<b>% Daily Value</b>		
<b>Calories</b> 270			
<b>Fat</b> 16 g		<b>25 %</b>	
Saturated 8 g		<b>40 %</b>	
+ Trans 0 g			
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 250 mg		<b>10 %</b>	
<b>Carbohydrate</b> 28 g		<b>9 %</b>	
Fibre 6 g		<b>24 %</b>	
Sugars 0 g			
<b>Protein</b> 4 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 6 %		



## INGREDIENTS

100% WHOLE GRAIN POPPING CORN, PALM OIL (CONTAINS TBHQ, CITRIC ACID), SALT, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL BUTTER FLAVOUR, BUTTER, COLOUR (ANNATTO, TURMERIC, PAPRIKA).

CONTAINS MILK.

# Chicken Nuggets

<b>Nutrition Facts</b>	
Per 4 nuggets (67 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 180	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 2 g	<b>10 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 30 mg	
<b>Sodium</b> 330 mg	<b>14 %</b>
<b>Carbohydrate</b> 11 g	<b>4 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 0 g	
<b>Protein</b> 10 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 4 %



## INGREDIENTS

### CHICKEN:

BONELESS SKINLESS CHICKEN BREAST MEAT, WATER, 100% VEGETABLE OIL (CANOLA OIL, CORN OIL, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL [TBHQ], CITRIC ACID, DIMETHYLPOLYSILOXANE), WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED CORN STARCH, RICE STARCH, SALT, BAKING POWDER, SEASONING (WHEAT STARCH, YEAST EXTRACT, SALT, NATURAL FLAVOUR, SAFFLOWER OIL, DEXTROSE, CITRIC ACID, ROSEMARY), SPICES, CANOLA OIL, SODIUM ALUMINUM PHOSPHATE, DEXTROSE, WHEAT STARCH, CORN STARCH.

CONTAINS WHEAT.

# Chocolate Chip Granola Bar

Nutrition Facts	
Per 1 bar (26 g)	
Amount	% Daily Value
<b>Calories</b> 110	
<b>Fat</b> 3 g	<b>5 %</b>
Saturated 1 g + Trans 0 g	<b>5 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate</b> 19 g	<b>6 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 5 g	
Protein 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 4 %



## INGREDIENTS

GRANOLA (ROLLED OATS, ROLLED WHOLE WHEAT, BROWN SUGAR, BARLEY FLAKES, SUNFLOWER OIL, INULIN, HONEY, NATURAL FLAVOUR, MODIFIED MILK INGREDIENTS), GLUCOSE, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, SALT, VANILLIN), WHOLE GRAIN BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE FLOUR, SUGAR, BARLEY MALT, SALT, MIXED TOCOPHEROLS), GLYCERIN, SHORTENING (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS), BROWN SUGAR, SORBITOL, INULIN, SALT, NATURAL AND ARTIFICIAL FLAVOUR, SOY LECITHIN, BHT (PRESERVATIVE).

CONTAINS OAT, WHEAT, BARLEY, MILK, AND SOY INGREDIENTS.



# Vegetable Beef Canned Soup

<b>Nutrition Facts</b>			
Per 1 cup (250 ml)			
<b>Amount</b>	<b>% Daily Value</b>		
<b>Calories</b> 110			
<b>Fat</b> 0.5 g			<b>1 %</b>
Saturated 0.3 g			<b>1 %</b>
+ Trans 0 g			
<b>Cholesterol</b> 5 mg			
<b>Sodium</b> 790 mg			<b>33 %</b>
<b>Carbohydrate</b> 19 g			<b>6 %</b>
Fibre 2 g			<b>8 %</b>
Sugars 3 g			
<b>Protein</b> 7 g			
Vitamin A	10 %	Vitamin C	2 %
Calcium	2 %	Iron	4 %



## INGREDIENTS

BEEF BROTH (WATER, BEEF STOCK), CARROTS, POTATOES, SEASONED BEEF, BARLEY, GREEN BEANS, FLAVOUR, CORN, PEAS, MODIFIED CORN STARCH, YEAST EXTRACT, SUGAR, SALT, MONOSODIUM GLUTAMATE, WHEAT FLOUR, ONION POWDER, HYDROLYZED PROTEIN (SOY, CORN, WHEAT), CARMEL, PARSLEY FLAKES, DEHYDRATED GARLIC.

# Glazed Cinnamon Bun

<b>Nutrition Facts</b>	
Per 1 bun (105 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 410	
<b>Fat</b> 22 g	<b>34 %</b>
Saturated 11 g + Trans 0 g	<b>55 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 340 mg	<b>14 %</b>
<b>Carbohydrate</b> 49 g	<b>16 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 14 g	
<b>Protein</b> 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %



## INGREDIENTS

### CINNAMON ROLL:

ENRICHED WHEAT FLOUR, WATER, SHORTENING (PALM OIL, MODIFIED PALM OIL, WITH TBHQ AS PRESERVATIVE), YEAST, CORN STARCH, SUGAR, CINNAMON, WHEY POWDER (MILK), WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SKIM MILK POWDER, EMULSIFIERS [MONO AND DIGLYCERIDES (WITH BHT AND CITRIC ACID AS PRESERVATIVES), SODIUM STEAROYL-2-LACTYLATE, DIACETYL TARTARIC ACID ESTER OF MONO AND DIGLYCERIDES], POTATO FLOUR, SALT, CORN FLOUR, SOYBEAN FLOUR, DEXTROSE, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL, WITH TBHQ AS PRESERVATIVE), SILICON DIOXIDE (FREE FLOW AGENT), ASCORBIC ACID, ARTIFICIAL FLAVOUR, COLOUR (YELLOW #5 AND #6), L-CYSTEINE HYDROCHLORIDE, TRICALCIUM PHOSPHATE, GUAR GUM, ENZYMES (AMYLASE, XYLANASE, WHEAT FLOUR, SALT, DEXTRIN), SUNFLOWER OIL.

### GLAZE:

SUGAR, WATER, GUAR GUM, MODIFIED POTATO STARCH, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID (PH CONTROL) AGAR, XANTHAN GUM.

# Hot Hot Chicken Instant Noodle Cup

Nutrition Facts	
Per 1 container (64 g)	
Amount	% Daily Value
<b>Calories</b> 280	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 5 g + Trans 0 g	<b>25 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 740 mg	<b>31 %</b>
<b>Carbohydrate</b> 42 g	<b>14 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 1 g	
<b>Protein</b> 7 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 2 %	Iron 15 %



## INGREDIENTS

### NOODLE:

ENRICHED WHEAT FLOUR, PALM OIL, MODIFIED STARCH, SUGAR, SALT, GUAR GUM, GARLIC POWDER.

### VEGETABLES:

TEXTURED SOY PROTEIN, DEHYDRATED CABBAGE, DEHYDRATED GREEN ONION, DEHYDRATED CARROTS, FREEZE DRIED CORN, FREEZE DRIED PEAS.

### SOUP BASE:

ARTIFICIAL CHICKEN FLAVOUR, SALT, MONOSODIUM GLUTAMATE, SUGAR, SOY SAUCE POWDER (SOYBEANS, SALT, WHEAT), YEAST EXTRACT POWDER (DRIED BREAD YEAST, WATER), DISODIUM INOSINATE AND DISODIUM GUANYLATE, PAPRIKA EXTRACT, WHITE PEPPER POWDER, DRIED LEEK, CAMEL.

CONTAINS WHEAT, SOY.

# Ready-Bake Frozen Pepperoni Pizza

<b>Nutrition Facts</b>			
Per 1/6 pizza (88 g)			
<b>Amount</b>	<b>% Daily Value</b>		
<b>Calories</b> 220			
<b>Fat</b> 9 g		<b>14 %</b>	
Saturated 3.5 g + Trans 0 g		<b>18 %</b>	
<b>Cholesterol</b> 20 mg			
<b>Sodium</b> 550 mg		<b>23 %</b>	
<b>Carbohydrate</b> 26 g		<b>9 %</b>	
Fibre 1 g		<b>4 %</b>	
Sugars 2 g			
Protein 9 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	10 %	Iron	15 %



## INGREDIENTS

### CRUST:

WHEAT FLOUR, WATER, EXTRA-VIRGIN OLIVE OIL, SALT, SUGAR, YEAST, MALTED BARLEY FLOUR).

### TOPPING:

MOZZARELLA CHEESE (MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES, CELLULOSE), SAUCE (WATER, TOMATO PASTE, BASIL, EXTRA-VIRGIN OLIVE OIL, GARLIC PURÉE, SALT, SUGAR, OREGANO, VINEGAR, THYME, SPICES, SOY OIL), PEPPERONI (PORK, SALT, SPICES, [MUSTARD], DEXTROSE, LACTIC ACID STARTER CULTURE, FLAVOURS, SODIUM ASCORBATE, GARLIC POWDER, SODIUM NITRITE, PORK STOCK, CITRIC ACID), EXTRA-VIRGIN OLIVE OIL, DEHYDRATED PARSLEY.

# The Original Potato Chips

<b>Nutrition Facts</b>	
Per 36 chips (50 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 280	
<b>Fat</b> 18 g	<b>28 %</b>
Saturated 2 g + Trans 0 g	<b>10 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 330 mg	<b>14 %</b>
<b>Carbohydrate</b> 26 g	<b>9 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 0 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 20 %
Calcium 0 %	Iron 4 %



## INGREDIENTS

SPECIALLY SELECTED POTATOES, VEGETABLE OIL, SALT.

# Which granola bar would you choose?



## A

Nutrition Facts	
Per 1 bar (35 g)	
Amount	% Daily Value
<b>Calories</b> 160	
<b>Fat</b> 7 g	<b>10 %</b>
Saturated 2 g + Trans 0 g	<b>10 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 140 mg	<b>6 %</b>
<b>Carbohydrate</b> 22 g	<b>7 %</b>
Fibre 1 g	<b>6 %</b>
Sugars 8 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 2 %

## B

Nutrition Facts	
Per 1 bar (35 g)	
Amount	% Daily Value
<b>Calories</b> 150	
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 115 mg	<b>5 %</b>
<b>Carbohydrate</b> 19 g	<b>6 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 5 g	
Protein 7 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 10 %

### INGREDIENTS

ALMONDS, CORN SYRUP, WHOLE GRAIN OATS, SUGAR, RICE FLOUR, PALM KERNEL OIL, WHOLE GRAIN WHEAT, VEGETABLE GLYCERIN, HONEY ROASTED ALMOND BUTTER (ALMONDS, HONEY, MALTODEXTRIN, PALM OIL, MIXED TOCOPHEROLS), FRUCTOSE, CANOLA OIL, SALT, SOY LECITHIN, CORN STARCH, REDUCED MINERALS WHEY, NONFAT MILK, BARLEY MALT EXTRACT, BAKING SODA, NATURAL FLAVOUR, MIXED TOCOPHEROLS.

### INGREDIENTS

ROLLED WHOLE GRAIN BLEND (HARD RED WHEAT, OATS, RYE, BARLEY, TRITICALE), ROASTED ALMONDS (ALMONDS, VEGETABLE OIL), BROWN RICE SYRUP, SOY FLOUR, TAPIOCA STARCH, DRIED CANE SYRUP, WHOLE FLAXSEED, ACACIA GUM, EXPELLER PRESSED CANOLA OIL, GLYCERIN, OAT HULL FIBRE, SOY FIBRE, SEA SALT, NATURAL FLAVOUR, CORN STARCH, MOLASSES, SOY LECITHIN, SKIM MILK POWDER, XANTHAN GUM, PEANUT FLOUR.

# Activity Station:

## Ingredient Investigation

# Activity Station:

## Ingredient Investigation

Instructions:

Part A:

- Choose at least four food labels. Look at the ingredient lists.

Sugar and sodium can be called many different names. Can you spot them all?

- Use dry erase markers to circle the different names for sugar in blue and sodium in red.
- Use the worksheet to answer the questions.

Part B:

- Look at the labels for Granola Bar A and B. Which granola bar would you choose and why?

***Hint:*** Look at the “***Ingredient Investigation – Fact Sheet***” and “***Label Reading the Healthy Way***” handout.



## Ingredient Investigation – Worksheet

1. In what order are ingredients listed?
2. List all the names which mean sodium that you can find in the ingredient lists:
3. List all the names which mean sugar that you can find in the ingredient lists:
4. Without using the ingredient list, where else on a food package can you find nutrition information to help you make healthier choices?
5. How do you tell if there is a little or a lot of a nutrient in a food?
6. You are trying to make the healthiest choice between granola bar A and B. Which granola bar do you choose and why?

# Ingredient Investigation Fact Sheet

## Ingredient list

The ingredient list shows all the ingredients in a packaged food. Ingredients are listed in order of weight, beginning with the ingredient that weighs the most and ending with the ingredient that weighs the least. This means that a food contains *more* of the ingredients found at the beginning of the list, and *less* of the ingredients at the end of the list.

## Ingredients with many names

Sometimes ingredients like sodium and sugar appear on ingredient lists under many different names. Here's a list of commonly used terms:

Commonly Used Terms for Sodium (Salt) and Sugar	
Nutrient	Other Names
Sodium	<ul style="list-style-type: none"> <li>• Baking powder</li> <li>• Baking soda</li> <li>• Brine</li> <li>• Celery salt</li> <li>• Disodium phosphate</li> <li>• Garlic salt</li> <li>• Monosodium glutamate (MSG)</li> <li>• Onion Salt</li> <li>• Salt</li> <li>• Sodium alginate</li> <li>• Sodium benzoate</li> <li>• Sodium bicarbonate</li> <li>• Sodium bisulfate</li> <li>• Sodium propionate</li> <li>• Soy sauce</li> </ul>
Sugar	<ul style="list-style-type: none"> <li>• Brown sugar</li> <li>• Cane juice extract</li> <li>• Corn syrup</li> <li>• Demerara or Turbinado sugar</li> <li>• Dextrose</li> <li>• Evaporated cane juice</li> <li>• Fructose</li> <li>• Galactose</li> <li>• Glucose</li> <li>• Glucose-fructose</li> <li>• High-fructose corn syrup</li> <li>• Honey</li> <li>• Invert sugar</li> <li>• Lactose</li> <li>• Liquid sugar</li> <li>• Maltose</li> <li>• Molasses</li> <li>• Sucrose</li> <li>• Syrup</li> <li>• Treacle</li> <li>• White sugar</li> </ul> <p>Tip: Words ending in "ose" usually mean sugar. Sugars are also found naturally in foods such as fruit, fruit juices, milk and vegetables.</p>

Information adapted from Health Canada's [Ingredient list](#) and Alberta Health Services' [Label Reading the Healthy Way](#).