

Food Label Fun

Presented at the New Jersey Science Convention - 2001

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Summary:

Post ingredients only of 3 types of food, food in bag, have participants decide which one they'd want. (Many people choose dog food.) We then use these foods (except the dog food) and analyze the labels for protein, fat, carbohydrate, percent fat, and "other nutrients."

Thanks to Mr. Lux of Bartle School, Highland Park for the original idea.

Handout for class:

Quick! You have to grab a case of food and abandon ship before your boat sinks.

You'll live on these rations until you're rescued. All you can see is the label on the case. Which one do you pick?

Case A:

Corn meal, vegetable oil, whey, salt, cheddar cheese (cultured milk, salt, enzymes), butter, natural flavors, buttermilk, lipolyzed buttermilk, sodium phosphate, Yellow #5, Yellow #6, autolyzed yeast, thiamine hydrochloride, fructose, disodium guanilate, disodium inosinate (flavor enhancers)

Crunchy Cheeze Doodles

190 Cal

100 fat Cal

52% fat

No vitamins or minerals listed

Case B:

Whole grain rolled oats, sugar, canola oil, crisp rice (rice flour, sugar, malt, salt), honey, soy protein, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor, almond flour, peanut flour.

Nature Valley Granola Bars

2 bars, 42 g

180 Cal

50 fat Cal (28%)

11 g sugar

16 g complex carbohydrates

6% DV iron

Case C:

Poultry broth, chicken, meat byproducts, rice, guar gum, potassium chloride, zinc sulfate, vitamin supplements (E, A, B12, D3), ferrous

sulfate, choline chloride, thiamin mononitrate (B1), copper sulfate, manganese sulfate, niacin, calcium pantothenate, riboflavin supplement (B2) pyridoxine hydrochloride (vitamin B6), potassium iodide, folic acid, sodium selenite, biotin

Mighty Dog Senior chicken and rice dinner

(No calorie count given. Minimum 4.5% fat)

Case D:

Filling (fructose, sugar, high fructose corn syrup, strawberry preserves [high fructose corn syrup, strawberry puree] glycerin, maltodextrin, sodium alginate, modified corn starch, citric acid, natural and artificial strawberry flavor, caramel color, xanthan gum, malic acid, potassium chloride, red #40) enriched wheat flour, whole oats, sugar, partially hydrogenated soybean and/or cottonseed oil, high fructose corn syrup, honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose gum, natural and artificial vanilla flavor, leavening (potassium bicarbonate), soy lecithin, wheat gluten, cultured whey, niacinamide, zinc oxide, reduced iron, pyridoxine hydrochloride, riboflavin, vitamin A palmitate, thiamin, and folic acid.

Nutri-Grain Strawberry

140 calories

25 fat calories (17.8%)

13 g sugar

Vit A 15%

Calcium 20%

thiamin (B6) 25%

Niacin 25%

Folic Acid 10%

Zinc 10%

Vitamin C 0%

Iron 10%

Riboflavin 25%

vitamin B6 25%

Phosphorus 4%

Case E:

Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soybean oil, cocoa, high fructose corn syrup, whey (from milk), cornstarch, baking soda, salt, soy lecithin, vanillin, chocolate.

Oreos

1 package (6 cookies) 270 calories

110 fat calories

22 g sugar

No Vit A, C, calcium

15% % DV iron

In the past I have used low-fat granola bars, high-sugar granola bars, and Alpo