****

**Inclusion in Secondary School**

**2018-1-DE03-KA229-047219\_4**

**Iasi, Romania, the 12-19th of May 2019**

**Wednesday, the 15th of May 2019**

**Topic *: Healthy Food***

**Activity 2 - Food Additives**

**Argument**

Food additives are used to enhance the flavor, appearance or texture of a product, or to extend its shelf life. Some of these substances have been associated with adverse health effects and should be avoided, while others are safe and can be consumed with minimal risk. People should pay attention to the presence of these additives in their food.

**Objective:**

To analyse the amount of additives in different types of food and to become aware of the danger they present for human health.

There are 12 most common food additives.

**1.Monosodium Glutamate (MSG)**

**2. Artificial Food Coloring**

**3. Sodium Nitrite**

**4. Guar Gum**

**5. High-Fructose Corn Syrup**

**6. Artificial Sweeteners**

**7. Carrageenan**

**8. Sodium Benzoate**

**9. Trans Fat**

**10. Xanthan Gum**

**11. Artificial Flavoring**

**12. Yeast Extract**

**Procedure**

1. Make a list with the most common food additives present in different products as: salami, margarine, biscuits, nutella, chips, ice-cream, sausages, cheese, drinks, canned soups,etc.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food/Additive** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Salami |  |  |  |  |  |  |  |  |  |  |  |  |
| Margarine |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  |  |  |  |  |  |  |
| Biscuits |  |  |  |  |  |  |  |  |  |  |  |  |
| Nutella |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausages |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet drinks/soda/coke |  |  |  |  |  |  |  |  |  |  |  |  |
| Instant soup |  |  |  |  |  |  |  |  |  |  |  |  |
| Ice-cream |  |  |  |  |  |  |  |  |  |  |  |  |

2.Calculate (in grams) the total amount of additives for 1 kg of each product.