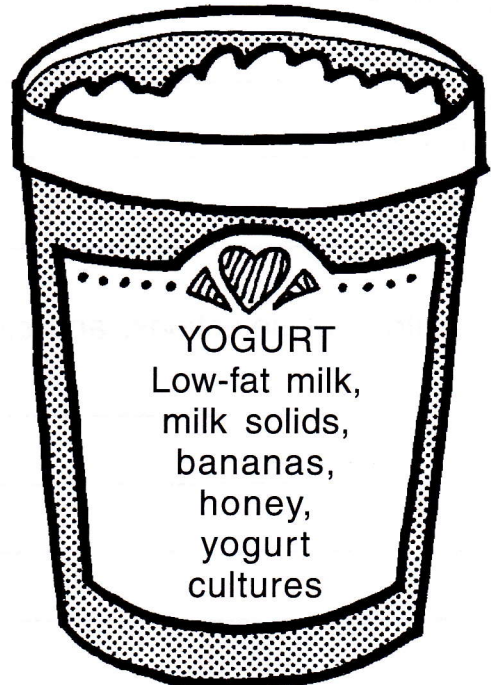


Reading An Ingredient List

Name: _____

Date: _____

Directions: circle all sugar in blue
circle all salt in green
circle all fat in red



Ingredients:
Water, soybean oil, vinegar, food starch, egg yolks, sugar, salt, lemon juice, mustard, xanthan gum, potassium sorbate (*preservative*), beta-carotene (*color*).



Can you guess what this food is?

mayonnaise

Ingredients:
Enriched wheat flour, vegetable shortening, sugar, salt, fructose, malted barley flour, turmeric, paprika (*for color*).



Can you guess what food this is?

*crackers:
Did you know some crackers
have many kinds of sugar in
them?*

Ingredients:
Tomato concentrate, tomatoes, corn syrup, soybean oil, sugar, onions, spices, olive oil, garlic, citric acid.



Can you guess what food this is?

spaghetti sauce

Objective: To read and interpret ingredient lists on food labels