

ADDITIVES - HIDDEN FOOD INGREDIENTS COURSE LEARNING WORKBOOK



ADDITIVES - HIDDEN FOOD INGREDIENTS

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Note: External Links: Regarding Advertisements

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ADDITIVES - HIDDEN FOOD INGREDIENTS—COURSE LEARNING WORK-BOOK ACTIVITY QUESTIONS AND ADDITIONAL ASSIGNMENTS

This course includes over “30 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

Additional Assignments - These questions are not on the exam.

— In addition to the “30 numbered” activity questions,” there are external webinar, video, audio, and/or article links (∞) that also have questions. These questions are not on the exam.

— The main purpose of the external webinar, video, audio, and/or article links is to watch, listen, or read them and increase and reinforce your knowledge of the course subject matter and extend your learning into other areas of health and wellness as well. The external links also increase student engagement and interaction and discussion with peers and others.

— Some of the external external webinar, video, audio, and/or article links will have advertisements.

— The webinar, video, and/or audio links also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned. There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

External Link Assignments Quick Steps

- Click on the external webinar/video/article links (∞) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

Introduction

1. Define additives.

2. Define chemicals.

3. Define artificial.

Nitrates

4. Why did the USDA try to ban nitrates from our foods.

5. List five common sources of Nitrates.

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6. Explain five things you can do to start to minimize Nitrates in your food.

Propyl Gallate

7. What is Propyl Gallate, why is it used and why is it important for women to know about?

8. List five foods Propyl Gallate is in.

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BHT and BHA

9. Explain where you find BHT.

10. List five common foods that contain BHT.

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11. Explain why BHA is added to our foods.

12. List three sources of BHA.

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Soy Lecithin

13. What is soy lecithin?

14. Explain what happens when you eat excessive amounts of soy lecithin.

15. List five foods that contain soy lecithin.

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16. Almost all “processed foods” contain some form of soy. List five ingredients that contain the word soy.

MSG

17. List seven MSG code words.

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18. List seven foods MSG is found in.

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Carrageenan

19. Explain why you should avoid carrageenan.

20. List ten foods carrageenan is found in.

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21. List ten “organic” brands that add carrageenan to their products.

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Polysorbate 60

22. What is Polysorbate 60?

23. What is a healthy replacement for Polysorbate 60?

24. List seven non-food sources where you find Polysorbate 60.

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Finding the Hidden Obstacles

25. List four potential side effects of high fructose corn syrup.

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26. List four potential side effects of Potassium Sorbate.

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27. List four potential side effects of artificial sweeteners like Equal.

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Hidden Sugars and Summary

28. List ten hidden sugars to check for.

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29. Define what a “clean diet” is to you.

30. Why is it important to read your labels?

External Link Assignments

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

— Webinars/Videos: Pause, rewind, and rewatch.

— Take notes.

— In addition to any questions below, write and discuss what you have learned from each external link.

[Fat Chance: Fructose 2.0](#) - 1 hour and 26 minutes - maybe

Assignment: List and discuss, all the things you have learned from this video. Then re-

search further on the web to expand on your learning of this topic.

∞ [The Danger o Food Additives](#) - 55:55 minutes

Assignment: From this video answer the questions below.

- How many additives are in grocery stores?

- Why were additives used hundreds of years ago?

- What are direct additives?

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- What are indirect additives?
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- What does artificially made mean?
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- What are emulsifiers?
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- What are flavorings?
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- What are preservatives?
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- What are sweeteners?
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- What are anti-caking agents?
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- What are antioxidants?
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- Discuss the safety of food additives?
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- List and discuss, all the things you have learned from this video on 13 food additives you want to remove from your diet. Then research further on the web to expand on your learning of this topic.
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∞ [How Do Processed Foods Fit into a Healthy Dietary Pattern?](#) - 3:57 minutes

Assignment: Discuss, and then research further on the web, about the different highly processed, minimally processed, and ultra-processed foods.

∞ [What's the Best Diet? Healthy Eating 101?](#) - 14:30 minutes - Note: This is a 2014 Video. Some questions below will ask you to compare then and now.

- According to this video what does exercise do for you?
- List more benefits of exercise.

- According to this video what is the best diet (best food plan) according to this video?
- Is there another diet or best food plan that you know about?

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- What did the 2014 study discover about weight loss?
 - Can you find a newer study on weight loss?
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- According to this video what is the average intake of sugar a day?
 - What is the average intake of sugar a day today?
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- According to this video what encourages healthy eating?
 - List more things you can do to encourage healthy eating?
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- What are good healthy options for chips and sugary drinks? List about 5 for each. Search the web if needed.
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- What foods add more fiber to your diet? List about 10. Search the web if needed.
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- Why is important to have nudges or tips to help you with behavior changes?
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Articles

Assignment: Write and discuss all the things you have learned from each article.

∞ [12 Dangerous And Hidden Food Ingredients In Seemingly Healthy Foods](#)

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- 3.
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∞ [Food Additives: What Parents Should Know](#)

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- 2.
- 3.
- 4.
- 5.

∞ [5 Sneaky Food Additives](#)

- 1.
- 2.
- 3.
- 4.
- 5.

∞ [12 Common Food Additives — Should You Avoid Them?](#)

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- 2.
- 3.
- 4.
- 5.

