

Science 9-Biology
Worksheet 6-6—Food Processing



10

Name _____
Due Date _____
Show Me Hand In
Correct and Hand In Again By _____

Read pages 118-124 of SP to help you answer the following questions:

- 1. Define Food Processing _____

- 2. List 5 possible reasons for processing food. _____

- 3. Suggest a reason why grain will keep for years if stored properly. _____

- 4. Micro-organisms like _____ or _____ are usually what cause food to spoil.
- 5. Illness caused by micro-organisms in food is called _____
- 6. Give 5 possible symptoms of food poisoning. _____

- 7. Name 5 types of food processing often done in homes. _____

8. What materials are added to food (like cucumbers) during **pickling**? _____

What do these materials do? _____

9. In order to **pasteurize** milk, what is done to it? _____

10. What advantage does **pasteurized** milk have over “**raw**” or **unpasteurized** milk? _____

11. Putting food into **cans** or **jars** prevents it from coming into contact with _____

12. Why does food have to be put in **boiling water** or otherwise **heated** before it is canned?

13. What is the definition of a **food additive**? _____

14. **Added substances** that help keep food from **spoiling** are called _____

15. What does **monosodium glutamate (MSG)** do to foods? _____

What types of foods is it added to? _____

16. Name **9 additives** that are used as **preservatives** in foods. _____

17. What is **carrageenan** used for in foods? _____

18. Name 3 foods where **carrageenan** might be used. _____

19. The additive **polysorbate** is often put into ice cream. What **purpose** does it serve? _____

20. What is **calcium silicate** used for? _____

Give some **examples** of foods it is found in. _____

21. Why is it no longer legal to use **sulphites** in Canadian restaurants? (see margin on p. 121)

22. Foods which have **nutrients added to them** that **weren't originally there** are said to be

_____.

23. _____ is often added to milk because it helps us **absorb** the

mineral _____.

24. Why would they add **iron** to breakfast cereals? _____

25. When an additive **increases a nutrient** that was **already present** in a food, the food is said to be _____

26. What are some common foods that are **enriched**? _____

27. Additives called **nitrites** are added to **meats** such as _____

What is the **reason** that nitrites are added to these foods? _____

What **disadvantage** might **nitrites** have? _____

28. What are two **advantages** to **cooking** meat other than for taste? (One is mentioned in the book, see if you can think of the other one!) _____

29. What would happen if we ate **wheat** or other **grains** that were not ground? _____

30. How did **ancient humans** grind their grain? _____

31. What is the main **advantage** of eating **fresh oranges**? _____

32. What is the main **advantage** of using **frozen orange juice**? _____

33. What is the main **advantage** of using **orange juice** from a sealed cardboard “**tetrapack**”? _____

34. Which is better, **steamed** or **boiled** vegetables? _____

35. Do you **like vegetables**? _____ Why or why not? _____

36. **Salt** and **sugar** are often added to foods to stop them from spoiling. What are some possible **disadvantages** of adding these two substances? _____
- _____
- _____
37. Why do most food packages in Canada have **labels**? _____
- _____
38. How often do **you read the labels** which tell you what is **in** foods?
 Always____ Most of the time _____, Occasionally _____, Hardly ever _____, Never _____
39. What is true about the **ingredient that comes first** on the label? _____
- _____
40. If the first ingredient listed on a label is **sugar** (or **glucose/fructose**), it means the food is made up **mainly** of _____.
41. Other than what is **in** a food, labels can also tell you **what other information**? _____
- _____
- _____

Nutrition Facts	
Serving Size ½ cup (114g) Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

KRISPY KRUNCHIES	
Nutrition Facts	
Serving Size 1 package Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	
INGREDIENTS: CORN, VEGETABLE OIL (contains one or more of the following: CANOLA, CORN, OR SUNFLOWER, SOYBEAN) OIL, CHEESE'S CHEDDAR, ROMANO FROM COW'S MILK), SALT, BUTTERMILK, GARLIC POWDER, DEXTROSE, SUGAR	