

ACTIVITY: HOW MUCH DO YOU KNOW ABOUT THE FOOD YOU EAT?

A. Test your knowledge by answering these questions:

1. Rank these countries in order of daily caloric intake per person, with the highest being No. 1:
 - U.S.
 - England
 - Italy
 - Japan
 - Australia

2. Of the following, what three items contain the most fiber?
 - 1 apple
 - 1 slice whole-wheat bread
 - 1 egg
 - 1 raw carrot
 - 2 large shredded wheat biscuits
 - 16 grapes
 - 1/2 cup baked beans

3. The average American adult consumes 1 ton of food every year, including about 220 pounds of milk products and 231 pounds of meat, fish, eggs and dried beans and nuts. How many pounds of fruit and vegetables does the average adult eat in a year?

4. Which has the most salt?
 - a. 1 cup of salted peanuts
 - b. 1 cup of instant chocolate pudding
 - c. 1 cup of O-shaped oat cereal

5. Which contains the most sugar?
 - a. 1 cup of ketchup
 - b. 1 cup of cola drink
 - c. 1 cup flavored yogurt

6. What naturally-occurring substance is activated by heat and makes food firmer when cooked? (Hint: it's referred to as "edible cement" on FRONTIERS.)

7. Is corn a carbohydrate or a grain?

8. Why are vegetables heated before they are canned or frozen?

B. Can you match the product below with the correct list of ingredients?

- cereal
 - toothpaste
 - sports beverage
 - marshmallows
 - breakfast bar
 - chewing gum
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1. glucose, sugar, water corn starch, gelatin, tetrasodium pyrophosphate
 2. gum base, mannitol, glycerine, natural or artificial flavor, lecithin, aspartame, beta-carotene, calcium carbonate
 3. sodium fluoride in a dentifrice base of sorbitol, water, hydrated silica, trisodium phosphate, sodium lauryl sulfate, flavor, sodium phosphate, xanthan gum, sodium saccharin, carbomer 956, and FD&C Blue No. 1
 4. corn, sugar, salt, malt flavoring, corn syrup, vitamin C, niacinamide, iron, vitamin B6, vitamin B2, vitamin A, vitamin B1, folic acid, vitamin D
 5. water, sugar, high fructose corn syrup, citric acid, ascorbic acid, sodium benzoate, sodium citrate, potassium citrate, salt, potassium, sodium phosphate, natural flavor, glyceryl abietate, gum arabic, FD&C Red No. 40
 6. sugar, partially hydrogenated cottonseed, soybean and palm oils, peanuts, soy protein isolate, semi-sweet chocolate, high fructose corn syrup, toasted oats (rolled oats, brown sugar, honey, coconut oil), enriched flour, corn syrup, crisp rice, calcium caseinate, nonfat milk, Dutch-process cocoa, glycerin, emulsifiers, salt, artificial vanilla flavors, monosodium glutamate, Vitamin C, magnesium hydroxide, ferrous fumarate, vitamin E acetate, niacinamide, zinc oxide, copper gluconate, calcium pantothenate, vitamin A, thiamine mononitrate, vitamin B6, hydrochloride, folic acid, vitamin B12

ANSWERS TO A

1. England, Australia, U.S., Italy, Japan

2. baked beans, shredded wheat biscuits, raw carrots
3. 632 pounds
4. chocolate pudding
5. ketchup
6. pectin
7. both
8. heat stops the ripening process that would eventually rot the vegetables ingredients

ANSWERS TO B

1. marshmallows
2. chewing gum
3. toothpaste
4. cereal
5. beverage
6. breakfast bar